INGREDIENTS FOR THE GOOD LIFE

EatingWell®

JUNE 2020

39 Quick Healthy Summer Recipes

3-Ingredient Dinners

PAGE 64

The Good Digestion Diet

PAGE 20

Grain Salads 5 Ways

Why You Need to Care About Healthy Soil

Beet & Blueberry Salad with Fennel-Mustard Vinaigrette, p.76

SOFT ON THE OUTSIDE. SOFT ON THE INSIDE.
DECADENT ALL OVER.

NEW

Soft Dipped

Your best deserves our best.

Häagen-Dazs

©HDIP, INC

FEATURES

Photographer and campfire-cooking buff Eric Wolfinger snapped this pic of his partner, Alma, and son Mauricio on a camping trip near Lake Tahoe.

COVER: RYAN LIEBE. STYLING: JUDY KIM (FOOD); MEGAN HEDGPETH (PROPS); RECIPE: p.76

70
True North
Drawn by its pristine lakes, wild scenery and laid-back vibes, a wave of entrepreneurs have transformed the food scene in this neck of Minnesota, with delicious results.
By Betsy Andrews

78
Whole Grains to the Rescue
Not sure what to make? Whether for a one-dish dinner or an easy seasonal side, these grain salads are your go-to solution.
By Liana Krissoff

84
Just in It for the Food
Even if camping is not your thing, we suggest going anyway to get the chance to cook these recipes over an open fire. But we've got a plan for your backyard grill as well.
By Eric Wolfinger

94
Cultivating Better Health
Just as you have a microbiome, the soil beneath your feet has one too. And promising new research suggests it may have a surprising influence on food and human wellness.
By Michael Behar

DEPARTMENTS

4 Editor's Letter

6 Chatter

107 Recipe Index

9 Good Life
Six ways to make your kitchen look more spacious (because virtual elbow room is the next best thing to actual elbow room). Plus, expert advice on fending off migraines *(p.26)*, and what you need to know about the low-FODMAP diet *(p.20)*. Can it really solve GI issues?

31 Dinner Tonight
Summertime, and the cooking is easy—including a PLT Pizza *(p.34)*, a Grilled Flank Steak with Tomato Salad that comes together in 20 minutes *(p.44)* and Chicken Pita Sandwiches with Harissa Sauce *(p.49)*.

61 Good Food Fast
The best frozen treats—ice cream bars, fruit pops and more—without the annoying ice cream truck music *(p.62)*. Also, our take on gorp, for all those outdoor excursions *(p.67)*, and we run down the best breakfast bars *(p.68)*.

103 Well Seasoned
Great gifts for Dad (we're eyeing the WiFi meat thermometer ourselves) and our Test Kitchen team helps you build a campfire for cooking *(p.106)*. Plus a quick-defrost hack for meat and fish you have got to try.

108 Food with Purpose
Thanks to Tennessee resident Sandy Scheele, 60,000 food-insecure students are getting nourishing meals while school is out. How she's doing it is inspiring other districts across the country.

Get dinner going with just 3 ingredients like broccoli slaw, edamame and sesame salad dressing.

PAGE 64

TED & CHELSEA CAVANAUGH; STYLING: NORA SINGLEY

NEW

4X HEALTHIER GUMS IN 3 WEEKS*

REACHES BELOW THE GUMLINE.

LISTERINE® Gum Therapy helps clean below the gumline where brushing can't reach, killing germs that cause early gum disease.

ADA Accepted
American Dental Association ®

*vs. brushing alone. Use as directed.

©Johnson & Johnson Consumer Inc. 2020

Kudos to our online editorial team for their work covering how to stay healthy during the pandemic. I pitched in on Instagram Live to talk about cooking with what you have on hand.

Staying Home

As we are finishing up this issue of *Eating Well* it's early April. And everything has changed. The COVID-19 pandemic has introduced Americans to social distancing, Zoom-based cocktail gatherings, home-schooling and a whole lot of cooking from the pantry. The *Eating Well* editorial team has mastered WebEx video calls, started testing recipes at home, given up paper and pen and adopted an all-digital way of collaborating to put the magazine together.

So sure, I'm feeling a lot of upheaval, but relative to what's happening for many people around the world, I'm damned lucky. This week the U.S. is closing in on 400,000 confirmed COVID-19 cases and 16,000 deaths from the virus. The latest tally of jobless claims has reached 16 million. Across the Atlantic the British prime minister is hospitalized. And then there's the uncertainty. When will things get back to normal? When will kids go back to school? Will those who have lost their jobs have enough money to buy food and pay for their homes? Will doctors and nurses be safe? Will restaurants be able to weather the storm and reopen eventually? Will we have farmers' markets this summer? I could fill all of the following pages with questions about the future. I don't want to go there.

When we first planned this issue, we were organizing stories around the theme of getting outside. Today "get outside" has suddenly become fraught, especially for people living in densely packed cities. By the time this comes out I hope we're in parks and backyards, on patios and in pools, at restaurants and sidewalk cafés. Perhaps that's wishful thinking.

But here's what I do know: the stories in this issue will work whatever May and June may bring. As always, there are plenty of practical, easy recipes. We have grain salads on page 78. If there are potlucks to attend, these salads are easy to pack and delicious served at room temperature. But you'll enjoy eating them at your own table too. We have campfire-cooking recipes that are just as tasty on a grill at home, if a camping trip near Big Sur, like Eric Wolfinger's on page 84, is not in the cards. (And let's be honest, whether campgrounds are open or not, plenty of us would just as soon make these recipes in the backyard and enjoy the comfort of our own beds.☺) Finally when you read Betsy Andrews' ode to the food scene in northeastern Minnesota *(page 70)*, you'll add it to your bucket list. In the meantime, you can get a taste of the place via her recipes.

Thank you to all our readers for your support. And thank you to the *Eating Well* team for pulling together to make this magazine. In this uncertain time I hope we all stay healthy. And if we're lucky we'll get outside and get together around great food very soon.

Jessie Price
editor@eatingwell.com

Hover your phone's camera over this code to follow me on Instagram @jessieeatswell

A Huge Thanks

To everyone who's working in grocery stores and drugstores, health care, emergency services, sanitation, janitorial, infrastructure, government, transportation and more—we appreciate what you're doing to keep us safe!

Give Back

I'm giving to World Central Kitchen to support José Andrés and #ChefsForAmerica working to feed those most in need during the pandemic. Visit *wck.org* to donate.

Check It Out!

On page 94 we dig into why healthy soil matters for human health. This story was our first produced in partnership with our sister brand *Successful Farming*.

JOHN STRENG

A SPECIAL MESSAGE FROM MEREDITH CORPORATION

WE'RE ALL IN THIS TOGETHER.

At Meredith, publisher of **EatingWell** and other well-known magazines, our mission has always been to inform, inspire, and entertain our readers.

In this extraordinary and uncertain period, we are, more than ever, dedicated to providing you with honest information, stories of inspiration, and the advice and guidance to help you navigate these turbulent times – and to make your life a little easier.

We recognize the sacrifices and challenges you face, and we want you to know that all of us at Meredith, through each of our magazines and digital properties, are committed to serving your needs at this critical time and beyond. We are especially grateful for the dedication and bravery of the first-responders and the everyday heroes on the front lines of this crisis.

We wish them, you, and your communities continuing health and security.

meredith EatingWell

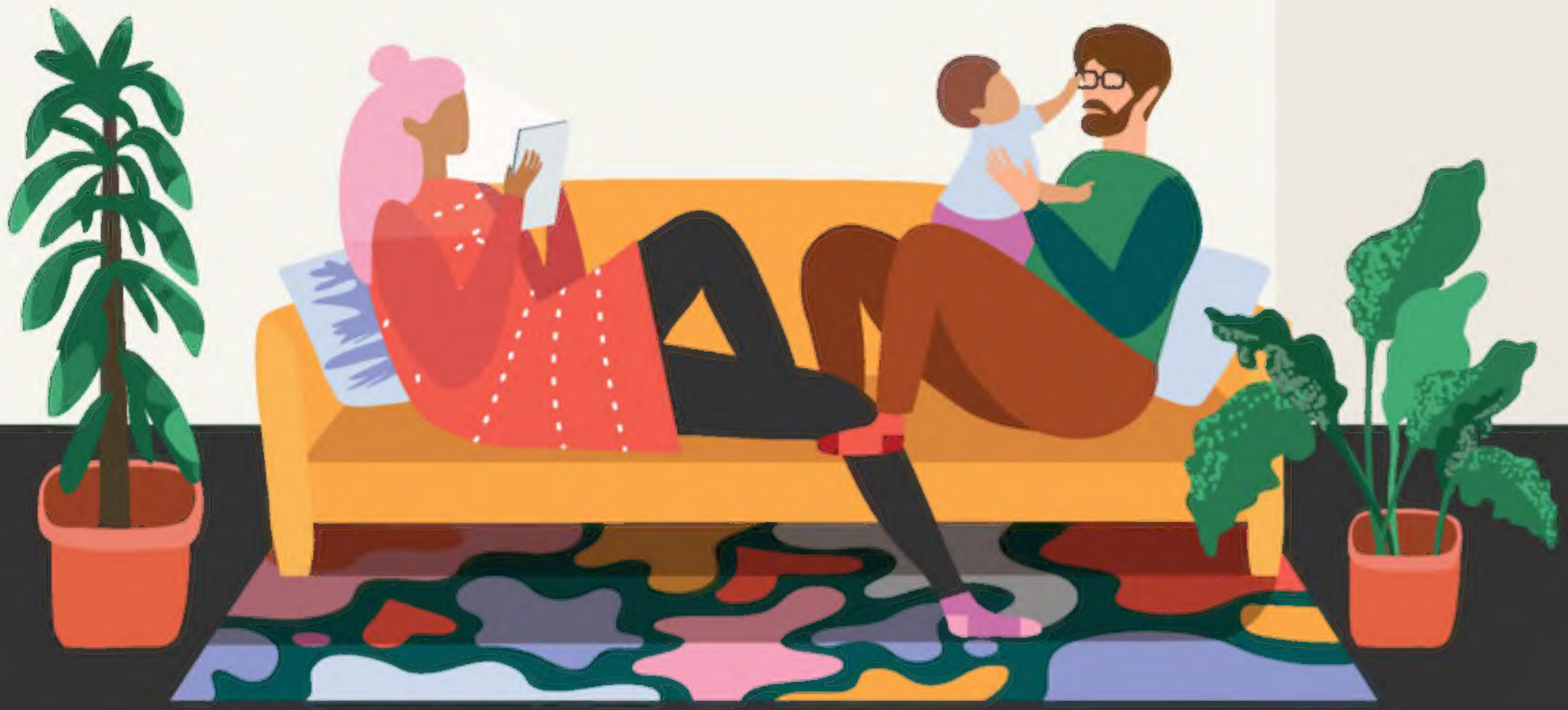
HOW YOU CAN HELP

Nationwide quarantines are impacting all aspects of life, including blood drives. Patients with a range of serious illnesses continue to need blood every day. Please give.

The American Red Cross has implemented added precautions to help ensure the safety of donors and staff.

Scan here to schedule an appointment

American Red Cross



WE ASKED YOU:

What's your favorite summer dessert?

S'mores of course!
—ljgreenbean14

Strawberry soup with mango sorbet and mascarpone whipped cream.
—breadandbutter530

Cubed watermelon with feta cheese and mint. Delicious!
—juliepalas

Cherry pie!
—msrebeccamcmurray

Fresh raspberries with Greek yogurt and dark chocolate chips.
—eileen.hart.1232

Banana split!
—mynaturalforce

Homemade **ice cream** and **Texas sheet cake!**
—amy.perry88

Grilled peaches with vanilla ice cream.
—megdel13

Strawberries from a roadside stand that were picked earlier that day!
—sharelyn4444

A **root beer float.**
—debrastev

Berry shortcake! I make a berry compote, chill, then stir in fresh strawberries. Serve it over warm biscuits with barely sweetened cream. Can't wait!
—lisaskorusa

Definitely **Key lime pie!** *—mcdetray*

WHAT'S TRENDING ON

EatingWell.com

1 **Our Best Summer Recipes** Start with the Baked Parmesan Zucchini Curly Fries you see here. (Spiralizing is one of our favorite ways to use up summer zucchini.) The mouthwatering ideas continue at *EatingWell.com/Summer*

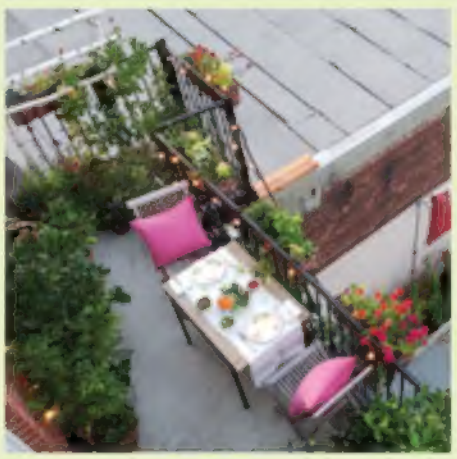
2 **"Nice Creams"** Made from frozen, blended fruit, these kid-friendly (and vegan) treats are a healthy alternative to ice cream. Sweet! *EatingWell.com/NiceCream*

3 **How to Grow Fruits & Veggies from Food Scraps** Instead of tossing the stems, ends and seeds of your produce, learn how to give them new life. It's easy at: *EatingWell.com/GrowScraps*

THE EATINGWELL GOOD-LIFE GURUS

Grow your green thumb by following these Instagrammers and their incredible gardens.

@bigcitygardener
From microgreens to moringa, Houston-based master gardener Timothy Hammond loves teaching others to grow food. He shares simpler lessons on his 'gram, like how to build a raised bed or trellis, and posts more in-depth tutorials, like how to compost, on his blog, Big City Gardener.



@66squarefeet
When Marie Viljoen started gardening on her tiny Brooklyn terrace in 2012, it inspired a blog named for the space's dimensions: 66 Square Feet. If you have a small area to work with, her feed is a must-follow. Viljoen is an avid forager as well and shares how-to tips on her blog.

@humanswhogrowfood
A collection of shared stories from home gardeners, farmers and community garden members around the globe, this account will get you excited to grow your own food. Some of the folks you'll discover: *@henmade_homestead*, in Bowdon, Georgia, who grows 95% of the veggies her family eats, and Fihima Mohamed in Djibouti, East Africa *(above)*, who helps her community members start organic gardens.

What's your favorite way to indulge your pet?
Hover your phone's camera over this smart code to tell us for a future issue.

CAITLIN BENSEL; INSETS: COURTESY TIMOTHY HAMMOND; MARIE VILJOEN; FIHIMA MOHAMED

EatingWell

INGREDIENTS FOR THE GOOD LIFE

JESSIE PRICE
Editor-in-Chief

FOOD & TEST KITCHEN
JIM ROMANOFF *Food Editor*
CAROLYN MALCOUN *Food Features Editor*
DEVON O'BRIEN *Senior Food Editor*
BREANA KILLEEN, M.P.H., R.D. *Test Kitchen Manager*
ADAM DOLGE *Lead Recipe Developer*

NUTRITION
SHAUN DREISBACH *Nutrition & Features Editor*
JULIA WESTBROOK *Associate Nutrition Editor*

ART & PRODUCTION
JAMES VAN FLETEREN *Creative Director*
WENDY S. RUOPP, M.S. *Managing Editor*
MARIA EMMIGHAUSEN *Photo Director*
CAREY BASS *Senior Designer*
LUCY M. CLARK *Associate Editor*
ANNE TREADWELL *Research Editor*
RACHEL STEARNS *Editorial Assistant*
KENT POLLPETER *Production Director*
ADAM PEUSE *Senior Production Manager*
MATTHEW FISCHELS *Advertising Production Supervisor*
JOSEPH KOHLER *Quality Director*

EATINGWELL.COM
MICHELLE EDELBAUM *Director, Content Strategy, Food*
ASHLEY KAPPEL *Digital Content Manager*
PENELOPE WALL *Executive Editor*
LISA VALENTE, M.S., R.D. *Senior Digital Editor, Nutrition*
VICTORIA SEAVER, M.S., R.D. *Senior Digital Editor, Meal Plans*
MEGAN STEINTRAGER *Senior Digital Editor, Food*
RACHEL ROSZMANN *Senior SEO Writer*
JAIME MILAN *Digital Editor, News & Lifestyle*
SOPHIE JOHNSON *Social Editor*
LAUREN WICKS *Assistant Editor, News*
JESSICA BALL, M.S., R.D. *Assistant Editor, Nutrition*
ALEXANDRA LOH *Digital Fellow*
SAMANTHA HARVEY *Social Media Assistant*
JIM SHEETZ *Digital Production Director*
BETH STEWART *Digital Producer*

CONTRIBUTORS
Bruce Aidells, Betsy Andrews, Jane Black, Barry Estabrook, Rachael Moeller Gorman, Paul Greenberg, Joyce Hendley, Rowan Jacobsen, Katie Webster

NUTRITION & HEALTH ADVISORY BOARD
PHILIP ADES, M.D.
Director, Cardiac Rehabilitation and Preventive Cardiology, University of Vermont College of Medicine
RACHEL K. JOHNSON, PH.D., M.P.H., R.D., F.A.H.A.
Professor Emerita of Nutrition, University of Vermont
DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P.
Director, Yale University Prevention Research Center at Griffin Hospital
ALICE H. LICHTENSTEIN, D.SC.
Senior Scientist, Director of the Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University
RICHARD MATTES, PH.D., M.P.H., R.D.
Distinguished Professor of Nutrition Science, Purdue University
MIRIAM E. NELSON, PH.D.
Independent Sustainability Consultant
MARION NESTLE, PH.D., M.P.H.
Paulette Goddard Professor Emerita of Nutrition, Food Studies and Public Health, New York University

MARK JOSEPHSON
Senior Vice President, Group Publisher

TIFFANY EHASZ
Publisher

ADVERTISING
225 Liberty Street, New York, NY 10281, 212-455-1409
LISA ISOLDI *New York Account Director*
KELSEY REYNOLDS *New York Account Manager*
CAROLYN ROSE *New York Account Director*
MEGAN HAVERON *Midwest Account Manager*
JENNY ROLSTON *Midwest Account Manager*
CHERYL SPEISER *West Coast Account Director*
KAREN BARNHART *Detroit Director, Corporate Sales*
TYLER HUB *Sales Director, Direct Media*
ALYSSA CONTE *Associate Business Development Manager*
HANNAH KADYROV *Sales Assistant (New York)*
KIM SCHWARTZ *Sales Assistant (West Coast)*
KIM KITCHEN *Sales Assistant (Detroit)*

MARKETING
TRICIA SOLIMENO *Group Marketing Director*
ALYSSA DAINACK *Group Design Director*
LELA MALONEY *Group Art Director*
LAUREN FONTANA *Marketing Director*
MARIA COSENTINO *Group Associate Marketing Manager*
TARA SECILMIS *Group Promotion Coordinator*

CIRCULATION
LAURA KROGH *Consumer Marketing Manager*

MEREDITH NATIONAL MEDIA GROUP
DOUG OLSON *President, Meredith Magazines*
TOM WITSCHI *President, Consumer Products*
CATHERINE LEVENE *President, Chief Digital Officer*
ALYSIA BORSA *Chief Business & Data Officer*
MICHAEL BROWNSTEIN *Chief Revenue Officer*
NANCY WEBER *Marketing & Integrated Communications*

SENIOR VICE PRESIDENTS
ANDY WILSON *Consumer Revenue*
BRIAN KIGHTLINGER *Corporate Sales*
PATTI FOLLO *Direct Media*
BRITTA CLEVELAND *Research Solutions*
CHUCK HOWELL *Strategic Sourcing, Newsstand, Production*
MARLA NEWMAN *Digital Sales*
MATT PETERSEN *The Foundry*
JUSTIN LAW *Product & Technology*

VICE PRESIDENTS
CHRIS SUSIL *Finance*
ROB SILVERSTONE *Business Planning & Analysis*
STEVE CROWE *Consumer Marketing*
TOYE CODY *and* **SONDRA NEWKIRK** *Brand Licensing*
JILL DAVISON *Corporate Communications*
GEORGE BAER III *Managing Director, Foundry 360*
STEPHEN ORR *Vice President, Group Editorial Director*
GREG KAYKO *Director, Editorial Operations & Finance*

EATINGWELL MEDIA
JANICE CROAT *Business Director*
RENEE SCOTT *Senior Business Manager*
LESLIE ROHR *Advertising Business Manager*
TERRY LYSOGORSKI *Vermont Office Manager*

PR REQUESTS: *Elizabeth.Marsh@meredith.com*

EDITORIAL, DIGITAL & LICENSING OFFICES
120 GRAHAM WAY, STE 100, SHELBURNE, VT 05482

For content licensing, content syndication or international syndication requests, or reprint and reuse permission, email: *syndication@meredith.com*

SUBSCRIPTION CUSTOMER SERVICE: Visit *eatingwell.com/myaccount* or email us at *etgcustserv@cdsfulfillment.com* or call 800-337-0402 or write to EatingWell, P.O. Box 37508, Boone, IA 50037-0508.

Our subscriber list is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.

meredith

TOM HARTY *President & Chief Executive Officer*
JASON FRIEROTT *Chief Financial Officer*
JOHN ZIESER *Chief Development Officer*
DAPHNE KWON *Chief Strategy Officer*
PATRICK MCCREERY *President, Meredith Local Media Group*
DINA NATHANSON *Senior Vice President, Human Resources*

STEPHEN M. LACY *Chairman*
MELL MEREDITH FRAZIER *Vice Chairman*

PRINTED IN USA

#SEEHER
seeher.com

If your copy of *EatingWell* came in a plastic bag, don't trash it! It can be recycled anywhere No. 4 plastic is accepted. Find a location at *plasticfilmrecycling.org.*

PROMOTION

LIVING WELL

YOUR GUIDE TO PRODUCTS, PROMOTIONS, & SPECIAL EVENTS

DONATE AND HELP #SAVEWITHSTORIES

Millions of kids aren't in school. That means no school meals, no books, no classroom time. That's why Jen Garner and Amy Adams have teamed up with Save the Children and No Kid Hungry to create #SAVEWITHSTORIES – authors, actors, musicians and others, reading their favorite children's books. See the videos @savewithstories and donate to help kids stay learning and fed.

savethechildren.org/savewithstories

Save the Children. | NO KID HUNGRY

Visit **Promo.EatingWell.com** for information on events and special offers.

New! Daily immune support plus a botanical boost.

Real Organic Turmeric + Ginger

Emerge Your Best

Emergen-C

©2020 Alacer.

GOOD LIFE

Spaceless in Seattle

Learn how one design pro made the most of her tiny kitchen. You'll want to steal these tips no matter what square footage you're working with.
By Lucy M. Clark

When Joanna Hawley, the DIY-and-home-decor blogger behind *Jojotastic*, first toured the Seattle home she now shares with her husband, Sean, the real estate agent said: "Just wait until you see the kitchen. It's *huge*!" At just 150 square feet, her kitchen, Hawley agrees, is "shockingly big"—in relation to the rest of the 1908 bungalow, which totals just 640 square feet. After finishing a complete makeover last June, she walked away with the lessons on the next page that can help any kitchen feel spacious.

PRODUCTS *(pages 9-10)*: Cooktop, Dishwasher, Hood, Oven, Refrigerator (KitchenAid): 30" 5-burner Gas Cooktop with Griddle; 44 dBA Dishwasher with Dynamic Wash Arms, 30" Wall-Mount, 3-Speed Canopy Hood; Smart Oven+ 30" Single Oven with Powered Attachments; 20 cu. ft. 36" Width Counter-Depth French Door Refrigerator with Inter or Dispense. **Faucet & Pot Filler (Delta):** Trinsic Single Handle Pull-Down Kitchen Faucet with Touch20 Technology. Contemporary Wa Mount Pot F er. **Walls:** Sherwin-Williams Pure White SW 7005

BEFORE *(RIGHT)* AND AFTER
For Joanna's kitchen renovation, everything had to go—including the flooring. The new "H" shaped Fireclay Tile she installed is an homage to her grandfather Harvey.

6 WAYS TO THINK BIG

Ditch excess gadgets. "Evaluate the cooking tools and utensils that you consider must-haves," says **Joanna Hawley** *(left)*. "I did a big purging process—like, do we really need four pie plates?—before the design took form. It helped me fully understand what needed storage."

Cut counter clutter. "Having clear counters really helps your space feel visually bigger," she says. "When I planned my kitchen, I made sure there was a spot for literally everything to be put away."

Try the "tuxedo look." "I love doing a darker lower cabinet to help the space feel bigger," says Hawley. "When you think about how your eye typically sees the world, the darker colors, like the soil of the Earth, are usually at the bottom and light blue of the sky is at the top—so it's just a natural way to make a space appear open. My friend Sarah Gibson is an interior designer who brought my attention to this 'tuxedo look' (white upper cabinets and black lower cabinets). I totally recommend it."

Go big—where necessary. "We cook and entertain a lot, which is why we chose full-size appliances, as opposed to smaller, European-style ones," Hawley says. "We knew we needed the fridge and dishwasher space, and I desperately wanted a five-burner cooktop. Plus, our massive sink allows easy workflow: I prep to the right of it, put our compost bin in it and just brush scraps into the bin."

Let there be light. "A surprisingly amazing addition was our new window. We replaced our dated one with a bigger, taller window and now the natural light that comes in is incredible," she says. "And it opens to our deck, so I use it as a pass-through for when we grill and entertain."

Consider your paint finish. "One of my favorite tricks to make a space look taller is to use flat paint on the ceiling," says Hawley. "It creates the illusion of space and higher ceilings because it doesn't reflect as much light as a satin finish. Also, use a lighter color on the ceiling than on the walls."

PAGES 9-10: JOANNA HAWLEY INSET: MEGHAN KLEIN

© 2019 Delta Faucet Company

Ask Delta to do it for you.

Delegate everyday tasks with Delta VoiceIQ Technology. Turn on, turn off, measure custom amounts, and even warm up water all with just a voice command. Visit deltafaucet.com/voiceiq.

Amazon, Alexa, Echo, and all related logos and motion marks are trademarks of Amazon.com, Inc. or its affiliates.
VoiceIQ™ Technology is not created by, affiliated with, or supported by Amazon Technologies, Inc.

DELTA
see what Delta can do™

9 Questions for Misha Collins

The actor, known for his role on the sci-fi show Supernatural, *also has serious chops in the kitchen. His cookbook,* The Adventurous Eaters Club, *co-authored with his wife, Vicki, is about encouraging kids to try new foods and be audacious cooks. (And 100% of the profits are going to organizations like the student gardening program Edible Schoolyard.) Misha dished on his family's favorite salad—and couldn't resist a little dad humor.* **By Rachel Stearns**

In the midst of the COVID-19 pandemic, how is your family coping? Have you come up with any creative ways to keep busy?
It's a scary, stressful time, but there are still some small silver linings to be found. For example, all of this "government-sanctioned family time" is really helping us bond in the kitchen. We've been going through our family cookbook and remaking all the recipes, embellishing them here and there and laughing a lot.

What is always in your fridge? Mostly food. And I notice that for some reason, all of it seems to be cold. Recently, my son also put a small *Millennium Falcon* made from Legos in the fridge. It was not that tasty.

Collins lets West (9, at left) and Maison (7) have free rein in the kitchen. That can mean some pretty—ahem—inventive dishes, like pasta with jam sauce and parsley-beet-cinnamon muffins.

Aside from Legos, what do you typically eat in a day? I love breakfast, so a lot of the time I'll start the day with eggs and vegetables, some whole-grain toast and a cup of tea. Lunches vary a lot depending on whether I'm filming, but I trend toward salads—I make a mean salad when I'm home. I like to get creative at dinner and it really runs the gamut depending on what the kids and I dream up, but vegetables are always prominently featured on our plates.

Even your kids' plates?
Absolutely! Our whole family has fallen for a simple kale salad. It only has five ingredients: kale, Parmesan cheese, lemon juice, olive oil and sea salt. We like to use dinosaur kale, but any kale works. My son, West, and daughter, Maison, make the entire salad themselves, adjusting proportions as they taste along the way. The technique includes a good "Hi-ya!" as you rip the leaves off the stems. Kale also loves to be serenaded as you massage it.

Sounds like you've raised some enthusiastic eaters. What's your healthy food philosophy? American culture views healthy and delicious as opposite sides of a spectrum—either you're choking down a salad or you're indulging in something delicious that's "bad" for you. But that's a fallacy. We need to reset our thinking and learn to recognize that some of the healthiest things we can eat are also the most delicious, and retrain our palates and reprogram our social cues to start to highlight those foods.

Beer, wine or cocktail?
Kombucha.

Is there a daily ritual you never skip, no matter how hectic life gets?
A cup of tea is always something that helps me stop and take a breath on a busy day. And I try to meditate and exercise every day.

What's a kitchen tool that you can't live without? I've lived with some hardscrabble, makeshift kitchen situations in my life, so I'm fairly good at improvising and can be fine without just about any tool or gadget. That being said, I do enjoy a good, sharp knife. I was recently gifted a Kramer knife by Zwilling (by Mr. Kramer [the master bladesmith] himself) and I will never be without it again.

What food says home to you—and why?
Shepherd's pie. My mom used to make it for us when we were kids, and it's become synonymous with warmth, safety and comfort to me.

COURTESY MICHÈLE M. WAITE

Give Your Dry Eyes
A Boost Of Hydration

New SYSTANE® HYDRATION Preservative Free eye drops help restore moisture to dry eyes with the soothing relief of HydroBoost technology.

The Relief is Real®

Alcon

SYSTANE® Brand products are formulated for the temporary relief of burning and irritation due to dryness of the eye. *vs SYSTANE® ULTRA Lubricant Eye Drops.

© 2020 Alcon Inc. 03/20 US-SYH-1900003

Boozy Booch

Hard seltzer is so last summer. This year is all about hard kombucha. Crack, fizz, *ahh*. **By Beth Demmon**

Kombucha is ev-er-y-where—with sales poised to surpass $5 billion by 2025. The latest iteration to hit the scene: hard kombucha. Between 2018 and 2019 the market for this extra-buzzy beverage shot up 247%. And here's a fun fact: The trend's very existence is largely attributed to a mistake. Regular kombucha's fermentation process naturally produces a tiny amount of alcohol. (All nonalcoholic beverages must be below 0.5% alcohol by volume, or ABV, per federal law.) Any extra booze is typically removed before it goes to stores, but it's possible for it to increase as it sits on stores shelves, from continued fermentation.

In 2010, a routine supermarket audit in Portland, Maine, revealed that a number of kombucha brands surpassed the legal limit—some by a large margin. The store temporarily pulled all kombucha off shelves. One brand in the mix was Unity Vibration. Owners Rachel and Tarek Kanaan saw an opportunity to turn that accident into something new, and launched a line of intentionally hard kombucha—establishing themselves as the pioneering brand in the U.S.

Since then, other companies have followed suit, tweaking their brewing practices to get up into the 3 to 8% ABV range (for comparison, the average beer is 5% ABV). "The segment is blowing up right now," says Tarek, who adds that people are more willing to experiment with nontraditional alcoholic beverages and are also seeking a "better for you" drinking experience.

The probiotic benefits of hard kombucha are questionable, since the bacteria don't coexist well with alcohol. But, hard kombuchas do have their own unique offerings: they tend to have fewer calories than beer, less sugar than hard cider, and more fruit juice and other natural flavors than hard seltzers. And that's something everyone can raise a toast to.

Aqua ViTea
This Vermont-based boochmaker offers a trio of hard kombuchas, dubbed AfterGlow. We particularly liked Citrus Rush, which marries grapefruit's bitter edge with blood orange's sweetness. And Ginger Blue (with blueberry) makes for a balanced and ever-so-slightly spicy experience.

Local Roots
Made with organic ingredients, Local Roots reflects the SoCal vibe the brand is known for. Their Booch Mosa is a refreshing alternative to the classic brunch beverage. But it's the Cali Mule (made with ginger and lime juice) that could convert even the most devoted Moscow mule lover to the booch side.

JuneShine
OK, jun isn't technically kombucha since it uses green tea and honey, rather than black tea and cane sugar. But we loved the flavor all the same. Wine drinkers will appreciate the tannic bite of JuneShine's Acai Berry, while beer drinkers can find familiar flavor profiles in the pineapple-y Hopical Citrus.

Unity Vibration
Unity Vibration's higher-alcohol offerings—they're around 8% ABV—are also big on taste. Bourbon Peach radiates hefty peach aromatics with a hint of the woody spirit, and the K.P.A.'s (Kombucha Pale Ale) mild tartness and citrus bite make it a refreshing summertime beverage.

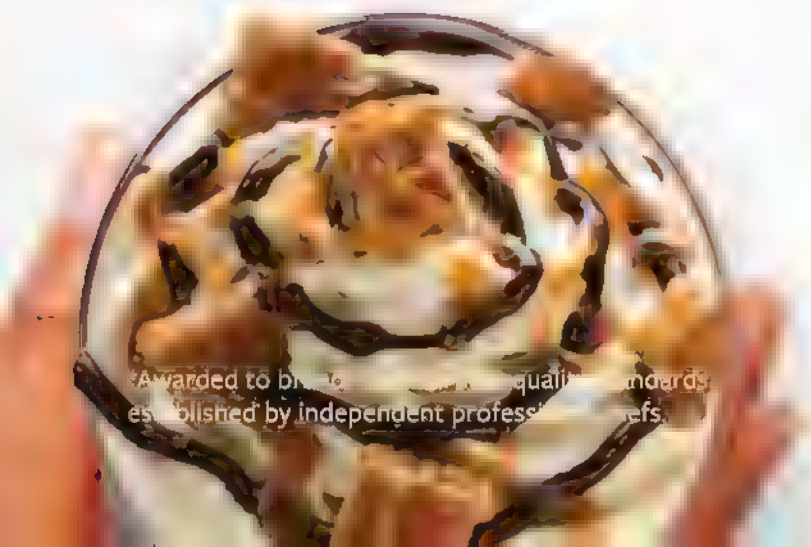
ADDITIONAL REPORTING BY RACHEL STEARNS, PHOTO JOHNNY AUTRY, STYLING CHARLOTTE AUTRY

NEW PUREMADE SAUCES

Naturally amazing

Made with no artificial flavors,
colors, or preservatives

Discover easy recipes at torani.com



Torani

© 2020 Torani/R. Torre & Company

The Dog Days

Want to work out with your four-legged best friend? Keep these do's and don'ts in mind—especially in the hot summer months. **By Deborah Linder,** D.V.M., M.S., D.A.C.V.N., *petfoodology.org*

DO: *Talk to your vet first.* And ask if there are any health issues you may need to adjust for, like if your pet has heart disease, is less than a year old, or is a breed that's especially prone to heatstroke. Remember—dogs don't sweat. They cool off by panting. But breeds with short snouts, such as bulldogs and pugs (called brachycephalic breeds), might not be able to get air in—and so can't cool down—as effectively as their long-nosed peers. They may need shorter outings and longer breaks.

DO: *Keep an eye on the temperature.* Heatstroke is a serious concern for dogs. Check heat indexes and avoid midday sun—early mornings or evenings are best. There are no hard-and-fast guidelines, but add around 20°F to whatever the current temperature is when deciding whether or not to head out, to account for the fur factor (kind of like you wearing a winter coat for your run).

DON'T: *Ramp up activity too quickly.* Just like humans, dogs can get injured from an intense "weekend warrior" run or hike. So if your dog is very sedentary now, start by walking for 5 minutes, 3 times per day—and then work your way up. When your dog can comfortably do 45 minutes total per day of walking, you're likely safe to pick up the pace.

DO: *Listen to your pet.* While you're out pounding the pavement, allow your pooch to guide how much he can do. If he's panting a lot, stop for a water break. If he sits or lags behind you, that means he's done. After, monitor for any aches, pains or soreness like limping or slowness to get up—and scale back accordingly. Always carry a water bottle and collapsible bowl so you can provide plenty of water during your run. A good rule of thumb is a water stop and check-in with your pet every 10 minutes—or earlier if they are newer to running.

DON'T: *Use a retractable leash.* Whether on a walk or run, these types of tethers can lead to accidents with cars or other dogs, because it's harder to control your pet if he decides to dart in the wrong direction. A regular leash or special running leash that clips on a belt is a safer bet. Consider picking one that's reflective or has flashing lights if you'll be out early in the morning or after dark, so motorists can spot you both.

DO: *Be cautious about going off-leash.* Even on paths designated for free-roaming Fidos, there are a few things to consider. Only dogs with a proven ability to come when called should be allowed off leash. Also, consider that while your dog may be friendly, he may encounter dogs that aren't. With a leash, you have more control to separate them before an incident happens.

DO: *Pick up after your pet.* Sounds obvious, but some parks and trails have stopped allowing dogs because owners failed to do so. Let's keep this privilege!

8

The number of hours of physical activity dog owners get per week. Non-dog owners? Only 4½.

MATTHEW LEETE/GETTY IMAGES

INSIDE, SHE'S WILD, BORN TO LOVE MEAT.

BLUE WILDERNESS®
HIGH PROTEIN GRAIN FREE

Made with more of the chicken, duck or salmon cats naturally desire.

All cats are carnivores, born to love meat. That's why we created protein-rich BLUE Wilderness.™

Love them like family. Feed them like family.®

©2020 Blue Buffalo Co., Ltd.

Veggie Tales

EatingWell sorts out some of the myths and truths about one of our favorite subjects: vegetables. **By Julia Westbrook**

MOSTLY TRUE

Eat the rainbow

Different colors mean different nutrients, each with their own perks: Carrots, for example, are bright orange thanks to alpha and beta carotene, which may help defend against some cancers. But white veggies have health benefits too. Button mushrooms, for example, can help feed the good bacteria in your gut, and cauliflower may have anti-cancer properties.

SOURCES: *BRITISH JOURNAL OF NUTRITION, FOOD RESEARCH INTERNATIONAL, JOURNAL OF FUNCTIONAL FOODS; JOURNAL OF HUMAN HEALTH RESEARCH*

Potatoes are fattening

Even when you discount fries and chips, results are mixed. One study found body mass index (BMI) was the same among frequent potato eaters and those who rarely had them. Another concluded that folks with a daily potato habit were slightly more likely to have larger waistlines. Far from definitive proof to eschew spuds. We say, go for it. Just keep portions (and toppings) sane.

SOURCES: *ARCHIVES OF IRANIAN MEDICINE, NUTRIENTS*

FALSE

"Lite" salad dressing is healthier

That's a big fat no. Your body needs the fat in regular dressing to absorb many of the nutrients in veggies, like lutein, lycopene and beta carotene. You stand to get more than double the nutrients when you opt for full-fat over no-fat. Do keep an eye on calories, though.

SOURCE: *AMERICAN JOURNAL OF CLINICAL NUTRITION*

TRUE

Frozen veggies are as good as fresh

When researchers compared the vitamin C, beta carotene and folate in various types of veggies, both fresh and frozen, they found that the ones on ice were nutritionally on par with—and sometimes even better than—their fresh counterparts.

SOURCE: *JOURNAL OF FOOD COMPOSITION AND ANALYSIS*

FRANK BEAN/GETTY IMAGES

MOVE OVER POTATOES

THERE'S A NEW HASH BROWN IN TOWN

Breakfast side or a mouthwatering snack?
Who says they can't be both!

Green Giant® Veggie Hash Browns offer the same hearty flavor and crunchy bite you love, and with one full serving of veggies per serving. Green Giant makes it easier to add veggies to breakfast!

©2020 B&G Foods North America, Inc.

MANUFACTURER'S COUPON • EXPIRES 09/30/20

$1.00 OFF

ANY 1 Green Giant® Veggie Hash Browns

To Retailer: B&G Foods, Inc. will reimburse you for the face value of this coupon plus 8 cents handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction of this coupon is expressly prohibited (Any other use constitutes fraud) Mail to: CMS Dept. 31500, B&G Foods, 1 Fawcett Drive, Del Rio, TX 78840. Cash value .001 cents. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED

0190569-102889

For recipes featuring

Green Giant® Veggie Hash Browns

please visit GreenGiant.com

The Happy GI Diet?

Less bloat and belly pain. That's the promise, at least, of following a low-FODMAP diet. We look at how it works and what the research says about its efficacy.

By Brierley Horton, M.S., R.D.

Irritable bowel syndrome, or IBS, is the most common gastrointestinal disorder—afflicting 10 to 15% of American adults. A growing body of research suggests that following a low-FODMAP diet may help alleviate many of the unpleasant symptoms of IBS, like gas and bloating. And the diet has caught on as a way to relieve a host of other tummy troubles, as well. We dug in to your questions about this increasingly popular plan.

What Are FODMAPs? This acronym refers to a collection of carbohydrates (namely fermentable sugars and fibers) that aren't absorbed well in the small intestine and can cause stomach upset in many people suffering from IBS.

The point of a low-FODMAP diet is to eliminate all foods that contain these types of carbs—and there are *a lot* of them. Then you slowly reintroduce them to figure out which, if any, trigger your GI symptoms—because most people are sensitive to some, but not all, FODMAPs. The broad, seemingly random array of foods includes wheat, onions, garlic, legumes, dairy products, apples, pears, agave syrup, sugar-free gum, cauliflower and button mushrooms, among others (see chart at right, and there are still other foods that should be limited).

Does It Work? Much of the research indicates that a low-FODMAP diet does help improve IBS symptoms. For instance, a study published earlier this year in the *Journal of Clinical Medicine* found that adults diagnosed with IBS who followed a low-FODMAP diet for four weeks lessened their bloating, painful gas and diarrhea.

Other studies have shown that the diet may help improve other GI conditions too, such as "quiescent," or inactive, IBD (a type of intermittent inflammatory bowel disease). A 2019 paper published in the journal *Gastroenterology* found that when people with the condition were put on a low-FODMAP diet, their gas and bloating improved, and they had fewer trips to the bathroom each day.

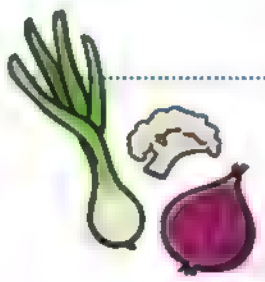
A few other groups who may benefit, according to Kate Scarlata, M.P.H., R.D.N., a Boston-based gut health expert: runners who struggle with digestive distress during exercise, individuals with celiac disease who have not seen all of their symptoms disappear on a gluten-free diet, and people with small intestinal bacterial overgrowth (SIBO).

But the body of research on FODMAPs is still very new. And the benefits may not outweigh the restrictiveness of the diet. That same *Journal of Clinical Medicine* study found that IBS symptom improvement wasn't vastly better among those who adopted this way of eating compared to those who followed a generally healthy diet that contained "off-limits" foods. Perhaps most importantly, a low-FODMAP diet is actually recommended as the *second* line of defense for IBS. "The first line of treatment should include a trial of increasing fiber and ensuring the diet is well balanced before embarking on a nuanced elimination diet," says Scarlata.

Are There Cons? Yes. Drawbacks are to be expected with such a restrictive diet. Some research has found low-FODMAP dieters can fall short on a few key nutrients, namely fiber (hello, constipation), iron, calcium and vitamin C, as well as other disease-fighting compounds and antioxidants.

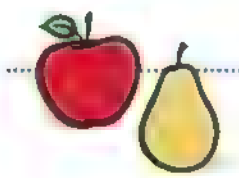
BOTTOM LINE: *This diet is too restrictive (and potentially unhealthy) to treat run-of-the-mill tummy troubles, but if you have IBS and other treatments have failed you, talk to your doctor. Also, it's important to only follow this diet under the supervision of a registered dietitian (better yet, one who's well-versed in FODMAPs) because it's a hard plan to stick to and it's easy to fall short on key nutrients when you're cutting out so many otherwise-healthy foods.*

WHERE THE FODMAPs LURK



VEGETABLES

artichokes, asparagus, beets (fresh), Brussels sprouts, cauliflower, garlic, leeks (bulb), mushrooms (button, portobello, shiitake), onions, peas, savoy cabbage, scallions (bulb or white part), shallots, snow peas, sugar snap peas, sun-dried tomatoes



FRUITS

apples, apricots, bananas (ripe), blackberries, boysenberries, cherries, currants, dates, dried fruit (most), grapefruit, mangoes, nectarines, peaches, pears, persimmons, plums, tamarillos, watermelons

DAIRY & ALTERNATIVES

soft cheese (ricotta, cottage or cream), condensed or evaporated milk (cow, goat or sheep), ice cream, plant-based milks made with chicory root/inulin, soymilk made with whole soybeans, yogurt

LEGUMES

baked beans, black beans, borlotti beans, broad beans, fava beans, kidney beans, lima beans, navy beans, pinto beans, silken tofu, soybeans (edamame), soy flour, split peas

NUTS, SEEDS & OILS

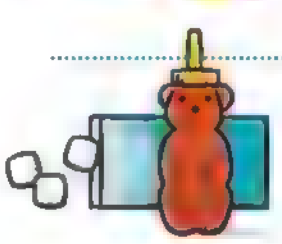
cashews, pistachios

GRAINS

barley, rye, wheat

BEVERAGES

rum, fruit juices (most), oolong, chamomile, fennel or strong chai tea, kombucha



SWEETENERS & MORE

agave syrup, chicory root extract, gluten-free flour blends made with beans, garlic salt/powder, high-fructose corn syrup (HFCS) and foods like jam and ketchup that contain it, inulin or FOS, honey, isomalt, mannitol, molasses, onion salt/powder, sorbitol, xylitol, most sugar-free gum/mints/candies

ILLUSTRATIONS BY SCOTT MATTHEWS CHART SOURCE KATE SCARLATA, M.P.H., R.D.N.

ADDITIONAL G.I. HELP HERE

To learn more about gut health, pick up the July/August issue of *Shape* magazine.

Investing in Good Food

Woody Tasch is all for spending money at your neighborhood farmers' market, co-op or farm-to-table restaurant. But, he argues, the way to really change our food system? Investing in local farmers—by offering them loans at 0% interest. *[Insert mic-drop]* **By Lucy M. Clark**

A few years ago, Eric and Jill Skokan needed a walk-in cooler at their 130-acre organic farm in Boulder, Colorado *(below)*, so the restaurants they own, Black Cat and Bramble & Hare, could be truly farm-to-table. Unfortunately, it cost $12,000—which they didn't have.

Access to capital is one of the biggest obstacles that farmers—especially beginner farmers—face. Without it, they struggle to keep up production or explore new revenue streams. "Every farm has their one Achilles' heel that's holding them back," says Eric. "And invariably, it's one piece of equipment. It's a walk-in cooler or a delivery truck or a special cultivating device you need to grow baby lettuces." While there are plenty of lenders out there, from the USDA's Farm Service Agency (FSA) to local banks, their loans often come with hurdles. "With some of these processes, you have to jump through paperwork, collateral, FSA reporting processes—and it creates a strong disincentive," he says. And even with the lowest interest rates on offer (for instance, FSA micro-loan interest rates have recently hovered around 2.6%) making payments on a small loan can still be a big deal, considering that farmers who are just starting out often have razor-thin profit margins.

Enter Woody Tasch. In 2010, following a career in investment finance, this long-time supporter of local food founded Slow Money—a nonprofit with the aim of getting local money to flow to local food systems by connecting investors to sustainable farms and other food businesses in their communities. "Farmers are heroes," he says. "Their operations are producing beautiful, healthy food for us and our kids, while at the same time helping the planet by sequestering carbon in the soil and protecting biodiversity." Tasch argues that to build up small, local farms, you need local dollars.

Here's how Slow Money works: Dozens of small groups of investors sprinkled across the country host public meetings where farmers and food entrepreneurs can pitch their loan proposals. Next comes a key part of the process: relationship building. Interested investors meet with prospective borrowers—eating in their restaurants, visiting their farms—before deciding to offer a peer-to peer loan. This means that the terms are up to the lender and recipient, which can translate to less paperwork and collateral, or a more flexible payback schedule. So far, Slow Money has helped facilitate $75 million in loans to more than 750 organic farms and local food enterprises around the country.

> "Farmers are heroes. Their operations are producing beautiful, healthy food for us and our kids, while at the same time helping the planet by sequestering carbon in the soil and protecting biodiversity."
>
> — WOODY TASCH

Still, Slow Money loans operate with interest rates on par with other lenders. So in 2018, Tasch launched a new initiative called SOIL—which stands for Slow Opportunities for Investing Locally. The differentiator: SOIL offers loans with 0% interest. Another revolutionary aspect is that it hinges on the power of the people—even more so than a standard Slow Money loan. Slow Money chapters host SOIL meetings that are open to any community member who makes a tax-deductible donation of $250 or more. (Farmers can join for just $25.) Each chapter votes on where the pooled funds go, with each member getting one vote, whether they paid $25 or $25,000. When the farmer pays back the loan, those funds get recycled into new SOIL loans for other farmers in need.

"No purely financial investor would make a loan that way," Tasch says. "But when you go to 0%—to a radically new way of thinking—it makes you realize you are doing it for other reasons." His reason: Instead of investing for personal gain, you're investing to improve the overall food system, a payout that everyone in a community can reap. His home chapter in Boulder proves that this new type of investor indeed exists. The Boulder SOIL group has raised almost $500,000 to date from more than 150 individuals and has made eleven 0% loans.

CON POULOS (INSET JULIA VANDENOEVER)

The Beauty of the Sea

Nothing compares to the contentment you feel after a day at the beach. You've got a relaxed mind, salt-air hair and sun-warmed skin. You feel refreshed by the cool, salty water. And that feeling isn't all in your head. "Sea salt contains high levels of minerals like potassium, magnesium and calcium that are particularly useful at reducing skin inflammation, exfoliating, brightening and even strengthening and hydrating skin," explains Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. You may not be able to escape to the seashore as often as you'd like, but these products can give you that beach-healthy glow any day of the week. *By Rachel Stearns*

Pacha Soap Co. Detox Salt Block Drop this fizzy bath bomb into the tub to combat soreness and swelling after a tough workout, or just a tough week. Three types of sea salt join forces with Epsom salts, bladderwrack (seaweed) and activated charcoal, which is thought to draw impurities and toxins out of skin. ($6; *PachaSoap.com*)

Kalastyle Swedish Dream Sea Salt Hand Crème Sea salt mingles with shea butter and botanical oils (including sunflower, lavender, calendula and olive oils) for ultra-soft hands. We love the lingering fresh, floral scent. And the cute nautical packaging also makes it a great gift. ($13.50; *Kalastyle.com*)

Moon Bath Milk & Honey Sundance Sea Bathing Salt In a sea of bath salt blends, this one is a standout. It touts 60-plus trace minerals and is sourced from the remains of Utah's ancient Sundance Sea, giving it a lower carbon footprint. (Many salt varieties—think Dead Sea or Himalayan—travel from halfway across the globe.) ($22; *MoonBath.com*)

Captain Blankenship Mermaid Sea Salt Hair Spray

Bliss Hot Salt Scrub Self-Heating Body Polish

Love Beauty and Planet Sea Salt & Bergamot Shampoo and Conditioner

ANDREA COMI/GETTY IMAGES

WHY SETTLE FOR JUST EYE DROPS

WHEN THERE'S DRY EYE THERAPY

More than just eye drops, dry eye therapy™

TheraTears® was created by an ophthalmologist after 18 years of research. The clinically proven electrolyte formula replicates healthy tears and provides immediate, long-lasting relief.

Learn more at theratears.com

Dry eye can be caused by a salt imbalance

TheraTears® electrolyte formula restores your eyes' natural balance

TheraTears® is intended for the temporary relief of dry eye symptoms.

In the eye care aisle

$3 OFF any TheraTears® product

0358790-000380

MANUFACTURER'S COUPON	EXPIRES 03/31/2021

CONSUMER: One coupon per purchase. Good only on TheraTears® Products: TheraTears® Dry Eye Therapy, TheraTears® Preservative Free Dry Eye Therapy, TheraTears® Nighttime Dry Eye Therapy, TheraTears® EXTRA® Dry Eye Therapy, TheraTears® Eye Nutrition, and TheraTears® SteriLid® Trial sizes not included. This coupon may not be reproduced. Consumer pays sales tax. Redeemable only at stores accepting coupons. **RETAILER:** We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application constitutes fraud. Coupon void where prohibited, taxed, or restricted. Cash value 1/20¢. **Mail to:** Akorn Consumer Health, CMS Dept. 58790, 1 Fawcett Drive, Del Rio, TX 78840

©2020 Akorn Consumer Health, A Division of Akorn, Inc. M20-011-00

Head Off Pain

39 million Americans suffer from migraines—severe headaches that often bring nausea, vision changes, dizziness and light- and sound-sensitivity along with them. (Cue: sitting in the dark with your head under a pillow.) We've got some scientifically proven ways to help sidestep them. Here's the latest. ***By Holly Pevzner***

Up Your Bs

"So many people who experience migraines also have suboptimal levels of B_2," says Chris D'Adamo, Ph.D., director of the Center for Integrative Medicine at the University of Maryland in Baltimore. "Supplementation can often help reduce the frequency and pain levels of these headaches." Case in point: research presented at the latest American Headache Society annual meeting found that migraine sufferers who got plenty of B_2 (aka riboflavin) showed a 27% decreased occurrence over those who were deficient in the vitamin. The optimal level is still TBD, "But we do know that people who consume more B_2 than the recommended daily allowance of 1.1 to 1.3 mg have fewer migraines than those who get less," D'Adamo adds. You can bump up your B_2 by eating breads and cereals fortified with riboflavin, as well as eggs, almonds, yogurt, clams and mushrooms.

Relax *This* Way

Starting at your toes and working your way to your forehead, tense your muscles for 5 seconds as you breathe in, then relax them for 10 as you breathe out. (Do this for each area of your body.) This technique is called progressive muscle relaxation (PMR), and migraine sufferers who practiced it for at least 11 minutes, twice a week, had an average of four fewer headaches a month, according to a 2019 study in the journal *NPJ Digital Medicine*. It's thought that PMR decreases levels of the stress hormone cortisol. Fluctuations in cortisol can trigger migraines. Other research has found that PMR can be as effective as prevention medications. "The more someone practices it and learns to relax the body, the more helpful it may be," says Mia T. Minen, M.D., a neurologist and chief of headache research at NYU Langone Health in New York City. Try one of the free PMR how-tos available on the app Insight Timer.

Check Your Coffee Habit

Caffeine can be both good and bad for migraines—and the difference boils down to dose and frequency. "Caffeine blocks brain receptors associated with pain," says Elizabeth Mostofsky, Sc.D., an epidemiology instructor at Harvard University. "That's why it's a main ingredient in many migraine medications." But if you're prone to migraines, research in *The American Journal of Medicine* shows that drinking three or more caffeinated beverages in one day may up your chance of getting one that day and the day after. Why? "If an excess amount of caffeine is consumed and then stopped, that can cause a withdrawal effect, which brings about a migraine," notes Mostofsky, who co-authored the study. Fortunately, regularly sipping lower amounts of caffeine—up to two 8-ounce servings of coffee—has been shown to be A-OK. If you usually get more than this, gradually scale back to avoid withdrawal effects.

Get Some Magnesium

All migraine sufferers should receive magnesium supplementation. That bold statement was the upshot of a report in the *Journal of Neural Transmission*. The reason: up to half of all sufferers are thought to be deficient in the mineral, which is involved in the healthy functioning of nerve cells. A majority of Americans are thought to have low intakes, but it's difficult to measure magnesium levels with a standard blood test, so talk to your doctor about a red blood cell magnesium test and about how much you should aim to get in your diet. D'Adamo suggests his migraine patients start at 200 mg daily. (Opt for magnesium *citrate*.) "And regularly eat more magnesium-rich foods, like leafy greens, nuts, seeds and bananas," he says. "Magnesium is not like an Excedrin that'll treat you immediately. You're looking to build up your magnesium stores to help prevent migraines in the future."

SARAH MENAN/OFFSET

My Big, Fat Greek Diet

Here's what no one ever tells you about the famed "healthy" Mediterranean diet: You will eat french-fry-stuffed gyros in Mykonos and doughnuts on the beach in Crete and go home with a little more (ahem) baggage than you arrived with. At least I did. ***By Helen Ellis***

The first time I ate supper with my husband's relatives in Athens, it was after 10 p.m. My husband's cousin Kostas took his spot at the head of the table with two packs of cigarettes. There were three left in one pack, which he sat on top of a fresh one. He lit a cigarette, inhaled, and then blew out a stream of smoke as long as the dining-room table, communicating to me (who did not speak one word of Greek) that he was going to chain-smoke throughout our meal and we were in for a long night.

His wife brought a plate of meat to the table. It was the first of many plates of meats. This plate was a pile of fried meatballs stacked higher than Marge Simpson's beehive. Then came lamb chops, pork chops, chicken-on-sticks and "sweetbreads," which with one bite I realized were not cinnamon rolls, but fried animal organs. She did not speak one word of English, but got her hospitality across with second helpings. As soon as I made a dent in my plate, our hostess forked a piece of meat to fill that hole. I was fed like this for hours. I never saw her china pattern.

I have been to Greece many times since, and after two weeks, I can't see my belt buckle. Because I *gain* weight on the *real* Mediterranean Diet.

My husband bought me my first *real* gyro in Mykonos. Mykonos is an island where they *really* know how to party. When in Greece, I already eat past my bedtime, so the partying part is not for me. But I'm game for *real* food. *Real* food means authentic, and that often means: looks different, tastes delicious.

From my many visits to many malls in America, I thought I knew what a gyro was: mystery shavings off a gray cylinder of meat, twirling like a barber's pole, and stuffed into a pita, soft and warm like a potholder. Nope. A real authentic Greek gyro is indeed shaved off a spinning cylinder, but that cylinder looks like a 1970s office-desk message spike and the impaled messages are greasy slices of meat. This carnivore's merry-go-round spins in a shop's open window and glistens in the sun. The shavings do go into a pita, but the tomatoes and onions that go in, too, are the freshest you'll ever taste. How fresh? So fresh you can taste them through the garlic of the tzatziki. But here's the difference: french fries. In Greece, french fries go *inside* the sandwich.

Take a moment and digest that. When I'm in Greece, I digest gyros like mountain climbers consume Clif bars.

FYI: The only time I've had a Clif bar was when my husband made me eat one before we hiked a Cretan gorge. He said, "Helen, you have to eat this for energy. Your doughnuts aren't going to cut it."

We'd been in Crete for a few days, lolling on a beach. In my effort to beat the other hotel guests to a pair of chairs with the biggest umbrellas in the shadiest spot, I'd been bypassing the European breakfast buffet of cold ham and cheese, hard-boiled eggs, fruit, granola and Greek yogurt to stake my claim and wait to buy breakfast from the doughnut man.

Every morning at some point between 8 and 11 a.m., the doughnut man would stroll the shoreline like a Rastafarian selling dope in Jamaica. He carried a platter of two dozen cream-filled hot-out-of-the-fryer softball-sized heaven-on-earth clouds and chanted, "DOH-NUTS! Va-neee-yah, choc-co-laht, straw-ber-eee!"

Now, all my life, my mantra has been: "A doughnut a day keeps the wrinkles away," but in Greece, I ate two a day—well, *really* two before lunch. After my sugar crash, I revived myself with a frappe. As far as I know, you can only get this type of frappe in Greece. A frappe is water, milk, sugar and Nescafé (yes, your grandma's instant coffee) shaken, not stirred, and served over ice. Shaking it gives it a 3-inch head of dense foam. Sometimes, there is a machine to shake it. And sometimes, a bartender with a big jelly jar. But all frappes are delicious and crammed with enough caffeine for you stay up late and learn Greek.

Specifically: how to order food.

So, when you're in Greece, may I suggest ordering *marithes tiganites* aka "fishy fries" (fried smelt), *kolokythakia tiganita* (fried zucchini chips) and *patates tiganites* (fried potatoes).

Yes, I admit my Mediterranean Diet isn't the one that doctors recommend, but it is the most *real*. And you can work off some of those fishy fries like my husband and I did in Crete: by hiking the Samariá Gorge for five hours.

Our tour guide warned us: Once you start, you cannot stop. Our guidebooks said if you become fatigued, there are rescue donkeys. There were NO DONKEYS!

But when we got out of the gorge, there was something. *"Mia* Mythos," I ordered. Translation: one beer.

HELEN ELLIS *is the author of the essay collection* Southern Lady Code.

COLLEZIONE

ARTISANAL COLLECTION

Chef Carolina Diaz
Terzo Piano
Chicago, IL

MASTERS OF PASTA

When you spend time artfully crafting your dishes, you need a pasta that's artfully crafted.

Bronze cut for a texture that perfectly holds sauces.

DINNER TONIGHT

18 EASY HEALTHY RECIPES

PHOTOGRAPHY BY
Blaine Moats

STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS)

Get Grilling

Grilled Chicken with Red Pepper-Pecan Romesco ▸

Grilled Chicken with Red Pepper-Pecan Romesco

ACTIVE: 30 min **TOTAL:** 30 min

Many variations of the Catalonian roasted tomato sauce, romesco, add roasted red peppers for a little sweetness. Here, we scorch the peppers and tomato on the grill alongside the chicken to keep things simple. (Photo: page 31.)

- **2 medium red bell peppers**
- **1 medium tomato**
- **1 pound chicken cutlets**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **½ cup chopped pecans, toasted**
- **1 clove garlic**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon red-wine vinegar**
- **¼ teaspoon crushed red pepper**
- **Chopped scallions for garnish**

1. Preheat grill to medium-high. Grill bell peppers and tomato, turning occasionally, until blistered all over and charred in spots, 12 to 15 minutes. Transfer to a plate and let rest until cool enough to handle, about 5 minutes.

2. Meanwhile, sprinkle chicken with ¼ teaspoon each salt and pepper. Grill the chicken, flipping occasionally, until an instant-read thermometer inserted in the thickest part registers 165°F, 6 to 8 minutes total. Transfer to a plate, tent with foil and let rest for 10 minutes.

3. Remove and discard skin and seeds from the peppers and tomato. Place the peppers and tomato in a blender and add pecans, garlic, oil, vinegar, crushed red pepper and the remaining ½ teaspoon salt and ¼ teaspoon pepper. Puree on high until well combined, about 1 minute. Serve the chicken with the sauce and topped with scallions, if desired.

SERVES 4: 3 oz. chicken & ⅓ cup sauce each
Cal 308 **Fat** 20g (sat 3g) **Chol** 63mg **Carbs** 8g **Total sugars** 4g (added 0g) **Protein** 25g **Fiber** 3g **Sodium** 496mg **Potassium** 471mg.

RECIPE BY ADAM DOLGE

Summer Vegetable Gnocchi Salad

ACTIVE: 40 min **TOTAL:** 40 min

This riff on pasta salad is best served warm while the gnocchi are nice and tender. Plus, the grilled veggies taste extra-good fresh off the fire.

- **1 16-ounce package whole-wheat gnocchi**
- **1 small eggplant, sliced lengthwise into ½-inch planks**
- **1 medium zucchini, sliced lengthwise into ½-inch planks**
- **1 medium yellow squash, sliced lengthwise into ½-inch planks**
- **1 ear corn, husked**
- **½ medium red onion, cut into ½-inch-thick rings**
- **4 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons balsamic vinegar**
- **2 tablespoons chopped fresh basil**
- **2 cloves garlic, grated**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **½ cup crumbled feta cheese**

1. Preheat grill to medium-high.

2. Boil gnocchi according to package directions. Drain.

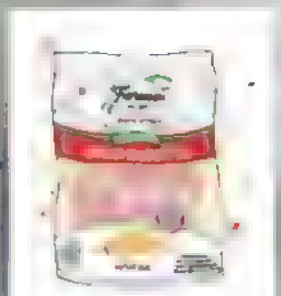
3. Meanwhile, brush eggplant, zucchini, squash, corn and onion with 2 tablespoons oil. Grill the vegetables, turning occasionally, until charred and tender, 6 to 10 minutes total. Transfer to a cutting board. Remove the corn kernels from the cob and cut the other vegetables into bite-size pieces.

4. Whisk the remaining 2 tablespoons oil, vinegar, basil, garlic, pepper and salt in a large bowl. Add the gnocchi and the vegetables and toss to coat. Serve sprinkled with feta.

SERVES 4: 2 cups each

Cal 445 **Fat** 19g (sat 4g) **Chol** 13mg **Carbs** 60g **Total sugars** 12g (added 0g) **Protein** 13g **Fiber** 9g **Sodium** 691mg **Potassium** 921mg.

For tips to perfectly grill vegetables, hover your phone's camera over this smart code.



BRING HOME THE PANCETTA

For a riff on a classic BLT, we swapped the bacon for pancetta, an Italian cured pork belly that, unlike bacon, isn't smoked.

PLT Pizza

ACTIVE: 30 min **TOTAL:** 30 min

This pie combines salad and pizza all in one, a pizz-alad if you will! It's a delicious mess—serve it with knives, forks and plenty of napkins.

- ½ cup diced pancetta *(see Tip)*
- 1 small clove garlic, finely chopped, plus 4 cloves, sliced, divided
- Pinch of salt
- ⅓ cup mayonnaise
- 2 tablespoons buttermilk
- ½ teaspoon ground pepper, divided
- 1 pound whole-wheat pizza dough, at room temperature
- 2 tablespoons extra-virgin olive oil
- 1 cup shredded fontina cheese
- 3 cups shredded romaine
- 1 large tomato, diced

1. Preheat grill to high.

2. Cook pancetta in a small skillet over medium-low heat, stirring occasionally, until crisp, 5 to 8 minutes. Transfer to a small bowl and set aside.

3. Mash finely chopped garlic with salt on a cutting board with the back of a fork. Mix the garlic paste with mayonnaise, buttermilk and ¼ teaspoon pepper in a small bowl. Set aside.

4. Roll and stretch dough out on a lightly floured surface into a 12-inch oval. Transfer to a lightly floured large baking sheet. Mix oil, sliced garlic and the remaining ¼ teaspoon pepper in a small bowl. Bring the dough, the garlic oil and cheese to the grill.

5. Oil the grill rack. Transfer the dough to the grill and cook until puffed and lightly browned, 1 to 2 minutes. Flip the dough, brush with the garlic oil and sprinkle with cheese. Close the lid and cook until the cheese is melted and the dough is lightly browned on the bottom, 2 to 3 minutes more. Return the pizza to the baking sheet.

6. Serve the pizza topped with the reserved pancetta, romaine, tomato and the sauce.

SERVES 5: 1 slice each

Cal 484 **Fat** 32g (sat 8g) **Chol** 39mg **Carbs** 39g **Total sugars** 4g (added 0g) **Protein** 15g **Fiber** 3g **Sodium** 734mg **Potassium** 197mg.

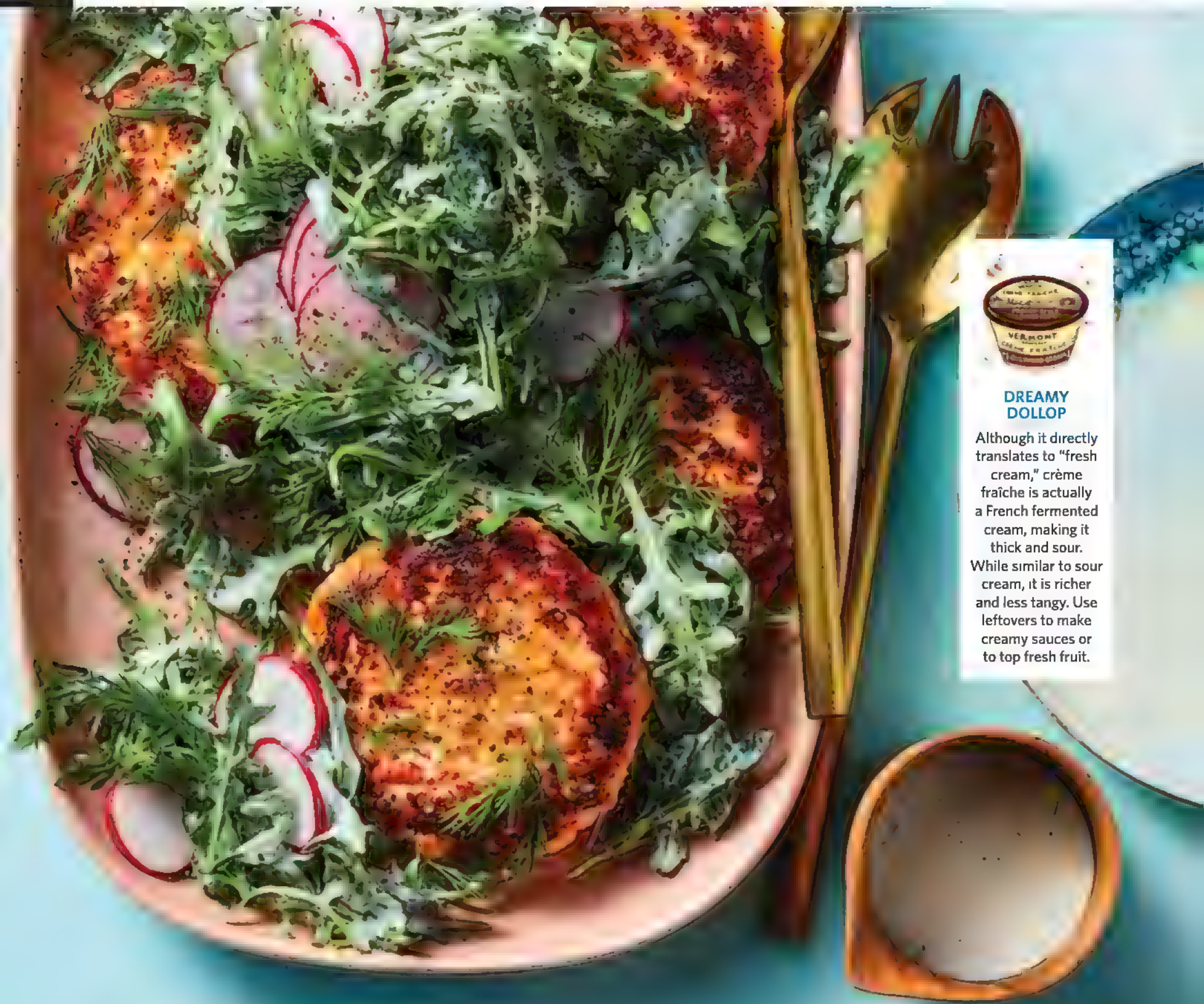
ILLUSTRATION BY EMMA D BEEN. RECIPE BY CAROLYN MALCOUN

Cheese. Tacos.
No dinner drama.

Kraft

For the win win

© 2019 Kraft Foods



DREAMY DOLLOP

Although it directly translates to "fresh cream," crème fraîche is actually a French fermented cream, making it thick and sour. While similar to sour cream, it is richer and less tangy. Use leftovers to make creamy sauces or to top fresh fruit.

Salmon Cakes with Arugula Salad

ACTIVE: 35 min **TOTAL:** 35 min

After making the salmon cakes, we firm them up for 5 minutes in the freezer before cooking so they don't fall apart when they hit the hot oil.

- **1 pound salmon, preferably wild, skinned**
- **2 tablespoons lemon juice, divided**
- **2 teaspoons Dijon mustard, divided**
- **½ cup finely chopped yellow bell pepper**
- **1 tablespoon finely chopped shallot**
- **½ teaspoon ground pepper, divided**
- **½ cup panko breadcrumbs**
- **½ cup crème fraîche *(see Tip)* or sour cream**
- **¼ cup buttermilk**
- **3 tablespoons chopped fresh dill**
- **½ teaspoon salt, divided**
- **2 tablespoons extra-virgin olive oil**
- **1 5-ounce package arugula**
- **1 cup sliced radishes**

1. Coarsely chop salmon and place half in a food processor. Add 1 tablespoon lemon juice and 1 teaspoon mustard. Process, scraping down the sides as necessary, until smooth. Add the remaining salmon, bell pepper, shallot and ¼ teaspoon pepper and pulse until the mixture is combined but still chunky.

2. Transfer the salmon mixture to a medium bowl. Add breadcrumbs and stir until combined. Form the salmon into 4 patties, about 4 inches wide each, and place on a plate. Freeze for 5 minutes.

3. Meanwhile, whisk crème fraîche (or sour cream), buttermilk, dill and ¼ teaspoon salt with the remaining 1 tablespoon lemon juice, 1 teaspoon mustard and ¼ teaspoon pepper in a large bowl. Set aside ¼ cup of the dressing for drizzling.

4. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add the salmon cakes and cook, flipping once, until well browned and cooked through, 2 to 3 minutes per side. Transfer to a clean plate and sprinkle with the remaining ¼ teaspoon salt.

5. Add arugula and radishes to the dressing in the large bowl. Toss to coat. Serve the salmon cakes on top of the salad, drizzled with the reserved ¼ cup dressing.

SERVES 4: 1 salmon patty & 1½ cups salad each **Cal** 424 **Fat** 27g (sat 9g) **Chol** 97mg **Carbs** 14g **Total sugars** 4g (added 0g) **Protein** 30g **Fiber** 2g **Sodium** 494mg **Potassium** 923mg.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY ADAM DOLGE

Grilled Jambalaya

ACTIVE: 45 min **TOTAL:** 1 hr
EQUIPMENT: 5 metal skewers

Every one of the ingredients used in this grilled spin on a Louisiana favorite is awesome with some charred flavor. Even the rice gets the treatment from grilled tomatoes. No skewers? Use a grill basket instead.

- **3 tablespoons canola oil, divided**
- **1 cup long-grain brown rice**
- **1¾ cups water**
- **8 ounces andouille sausage, sliced ½ inch thick**
- **8 ounces peeled and deveined raw shrimp (21-25 per pound)**
- **1 medium green bell pepper, cut into 2-inch pieces**
- **1 large red onion, cut into 2-inch pieces**
- **8 ounces okra**
- **2½ teaspoons Cajun seasoning, divided**
- **1¼ teaspoons celery seed, divided**
- **¾ teaspoon ground pepper, divided**
- **1 large tomato, cored and cut in half**
- **Sliced scallions for garnish**

1. Preheat grill to medium-high.
2. Heat 1 tablespoon oil in a medium saucepan over medium-high heat. Add rice and cook, stirring frequently, until toasted, about 2 minutes. Add water and reduce heat to maintain a simmer. Cover and cook until tender, 40 to 45 minutes.
3. Meanwhile, thread sausage, shrimp, bell pepper, onion and okra on separate skewers. Drizzle with the remaining 2 tablespoons oil and sprinkle with 2 teaspoons Cajun seasoning, 1 teaspoon celery seed and ½ teaspoon pepper. Grill the skewers and tomato halves, turning frequently, until the shrimp are opaque and the sausage and vegetables are slightly charred, about 5 minutes for the shrimp and sausage and 5 to 10 minutes for the vegetables. Remove the shrimp, sausage and vegetables from the skewers and transfer to a plate; cover with foil to keep warm.
4. Chop the tomato and stir into the cooked rice along with the remaining ½ teaspoon Cajun seasoning and ¼ teaspoon each celery seed and pepper. Spread the rice on a serving platter and top with the shrimp, sausage and vegetables. Sprinkle with scallions, if desired.

SERVES 4: 2 cups each
Cal 504 **Fat** 19g (sat 4g) **Chol** 127mg **Carbs** 54g **Total sugars** 4g (added 0g) **Protein** 27g **Fiber** 6g **Sodium** 747mg **Potassium** 562mg.

THREE'S COMPANY

Also known as the Holy Trinity, the combo of bell pepper, onion and celery (which here we swapped for celery seed) is used to flavor Cajun and Creole dishes like gumbo and this jambalaya.

RECIPE BY ADAM DOLGE

© 2020 eatingwell.com

WINE PAIRING

You only need a splash of wine for this recipe so be sure to pick up something that goes well with the pork to have with dinner, like the cherry-kissed 2017 Tami Nero d'Avola, Sicily, Italy ($20).

Grilled Pork Tenderloin with Cherries

ACTIVE: 40 min **TOTAL:** 40 min

While you have the grill on, cook some green beans in a grill basket to serve alongside this juicy dish.

- **1 pound pork tenderloin, trimmed**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 teaspoons chopped fresh thyme, divided**
- **½ teaspoon chipotle chile powder**
- **¾ teaspoon salt, divided**
- **¼ cup chopped shallots**
- **2 cups cherries, pitted and halved**
- **2 tablespoons dry red wine**
- **2 tablespoons chopped fresh basil, plus more for garnish**

1. Preheat grill to medium-high.

2. Brush pork with 1 tablespoon oil and sprinkle with 1 teaspoon thyme, chile powder and ½ teaspoon salt. Grill, flipping occasionally, until an instant-read thermometer inserted in the thickest part registers 145°F, 14 to 20 minutes. Transfer the pork to a cutting board and let rest for 5 minutes.

3. Meanwhile, heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add shallots and the remaining 1 teaspoon thyme and cook, stirring occasionally, until softened, about 2 minutes. Add cherries and cook, stirring occasionally, until the cherries are softened, 3 to 6 minutes. Stir in wine and increase the heat to high; cook for 1 minute. Remove pan from heat and stir in basil and the remaining ¼ teaspoon salt.

4. Slice the pork and stir any juices into the cherries. Serve the pork with the cherries. Garnish with more basil, if desired.

SERVES 4: 3 oz. pork & scant ½ cup cherries each
Cal 244 **Fat** 10g (sat 2g) **Chol** 70mg **Carbs** 15g **Total sugars** 10g (added 0g) **Protein** 24g **Fiber** 2g **Sodium** 504mg **Potassium** 656mg

RECIPE BY CAROLYN MALCOUN

#1 Doctor Recommended Pain Relief Brand for those with High Blood Pressure.

TYLENOL® won't raise your blood pressure or interfere with certain blood pressure medications like ibuprofen or naproxen can.

© Johnson & Johnson Consumer Inc. 2020

TYLENOL®
For what matters most™

Use product only as directed

Talk to your doctor if you have any questions

Strawberry-Balsamic Spinach & Chicken Salad

ACTIVE: 25 min **TOTAL:** 25 min

A quick blender vinaigrette does double duty as dressing for the salad and, with the addition of ketchup and strawberry preserves, as a barbecue sauce for the tenders.

- **2 cups quartered strawberries, divided**
- **2 tablespoons balsamic vinegar**
- **¼ teaspoon salt plus ⅛ teaspoon, divided**
- **½ teaspoon ground pepper, divided**
- **3 tablespoons extra-virgin olive oil**
- **1 tablespoon ketchup**
- **1 tablespoon strawberry preserves**
- **1 pound chicken tenders**
- **1 5-ounce package baby spinach**
- **½ cup sliced almonds, toasted**
- **½ cup crumbled feta**
- **½ cup torn fresh basil leaves**

1. Preheat grill to medium-high.

2. Combine 1 cup strawberries, vinegar and ¼ teaspoon each salt and pepper in a blender. Blend until smooth. With the motor running, slowly drizzle in oil. Transfer ½ cup of the vinaigrette to a large bowl. Add ketchup and preserves to the blender and pulse until smooth.

3. Sprinkle chicken with the remaining ⅛ teaspoon salt and ¼ teaspoon pepper. Oil the grill rack. Grill the chicken until it releases easily, 1 to 2 minutes. Flip and baste with the BBQ sauce from the blender. Cook, flipping and basting every 15 seconds, until an instant-read thermometer inserted in the thickest part registers 165°F, 3 to 4 minutes more. Transfer to a plate and let rest for 5 minutes.

4. Add spinach, almonds, feta, basil and the remaining 1 cup strawberries to the vinaigrette; toss to combine. Serve the salad topped with the chicken.

SERVES 4: 3 oz. chicken & 2 cups salad each
Cal 389 **Fat** 23g (sat 5g) **Chol** 79mg **Carbs** 16g **Total sugars** 10g (added 3g) **Protein** 30g **Fiber** 4g **Sodium** 513mg **Potassium** 435mg.

RECIPE BY ADAM DOLGE

For more easy spinach salad recipes, hover your phone's camera over this smart code.

Adopt US Kids

I asked what kind of family Amina wanted. She said, 'A family like yours.' That's when I knew I had to adopt her.

Denise, adopted 17-year-old Amina

LEARN ABOUT ADOPTING A TEEN
YOU CAN'T IMAGINE THE REWARD

ADOPTUSKIDS.ORG

Zucchini Larb

ACTIVE: 35 min **TOTAL:** 35 min
EQUIPMENT: Spice grinder

Larb is a classic salad with roots in Laos and Thailand. It typically features seasoned ground meat and lots of herbs and vegetables. Here, we use summer squash and quinoa for a satisfying veggie-based version.

- 1½ cups water
- ¾ cup quinoa
- 3 tablespoons short-grain brown rice
- ¼ cup lime juice
- 1½ tablespoons fish sauce
- 1 Thai bird's-eye chile, minced, *or* ½ teaspoon crushed red pepper
- 1 teaspoon light brown sugar
- 2 tablespoons canola oil
- 1¾ cups finely chopped summer squash (about 1 medium)
- 1½ cups finely chopped zucchini (about 1 medium)
- 8 leaves green-leaf lettuce
- Fresh basil & mint for serving

1. Combine water and quinoa in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer, cover and cook until tender, about 15 minutes. Remove from heat, fluff with a fork and cover to keep warm.

2. Meanwhile, heat rice in a large skillet over medium-low heat. Cook, stirring frequently, until golden brown and some starts to pop like popcorn, 4 to 7 minutes. Let cool slightly, then blend into a fine powder in a spice grinder. Wipe the skillet clean.

3. Whisk lime juice, fish sauce, chile (or crushed red pepper) and sugar in a small bowl. Add oil, squash and zucchini to the skillet. Cook over medium-high heat, stirring, until just tender-crisp, about 2 minutes. Stir in the ground rice and all but 4 teaspoons of the sauce.

4. Serve the quinoa and the zucchini mixture in lettuce leaves. Top with the reserved sauce and basil and mint, if desired.

SERVES 4: ¾ cup quinoa, ¾ cup larb, 2 lettuce leaves & 1 tsp. sauce each
Cal 246 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 35g **Total sugars** 5g (added 1g) **Protein** 7g **Fiber** 4g **Sodium** 544mg **Potassium** 566mg.

POWERHOUSE

A recent study shows zucchini contains compounds that can help prevent cancer (thanks, antioxidants!) and may even be toxic to cancer cells already in the body.

RECIPE BY ADAM DOLGE

The sauciest chefs demand authentic flavor.

GOYA® Tomato Sauce.
Real tomato flavor for
Real-Life Chefs.

Shredded Chicken Tacos

Ingredients

2 cans (8 oz. each) GOYA® Tomato Sauce

2 tsp. GOYA® White Vinegar

2 tsp. GOYA® Minced Garlic

3 ½ tsp. ancho chili powder

1 tsp. GOYA® Ground Cumin

2 tsp. GOYA® Ground Oregano

½ tsp. sugar

GOYA® Adobo with Pepper, to taste

2 tbsp. GOYA® Extra Virgin Olive Oil

2 lbs. bone-in, skin-on chicken breasts

12 GOYA® Corn Tortillas

Garnish, optional

Chopped avocados

Coarsely chopped fresh cilantro

Chopped tomatoes

For step-by-step instructions, visit goya.com/tacos

If it's **GOYA** *it has to be good!*

GOYA® Tomato Sauce - Spanish-style tomato sauce made from vine-ripened tomatoes and a secret blend of spices for that authentic Latin flavor

©2018 Goya Foods, Inc.

Grilled Flank Steak with Tomato Salad

ACTIVE: 10 min **TOTAL:** 20 min

Cutting the steak immediately after cooking breaks all the rules on meat cookery, but in this recipe we do it intentionally in order to capture the juices and incorporate them into the dressing. Serve with crusty bread to soak up the deliciousness.

- **1 pint grape tomatoes, halved**
- **½ cup chopped fresh cilantro**
- **⅓ cup extra-virgin olive oil**
- **1 small jalapeño pepper, seeded and sliced**
- **2 teaspoons finely chopped garlic**
- **½ teaspoon salt, divided**
- **1 1-pound flank steak**
- **½ teaspoon ground pepper**

1. Preheat grill to medium-high or heat a grill pan over medium-high heat.

2. Combine tomatoes, cilantro, oil, jalapeño, garlic and ¼ teaspoon salt in a medium bowl; set aside.

3. Season steak with the remaining ¼ teaspoon salt and pepper. Grill until an instant-read thermometer inserted in the center reads 125°F for medium-rare, 3 to 5 minutes per side.

4. Transfer the steak to a clean cutting board, preferably one with grooves for collecting juices, and thinly slice across the grain. Divide the slices among 4 plates. Drizzle any juices that have accumulated on the cutting board over the steak and top with the tomato salad.

SERVES 4: 3 oz. steak & ½ cup salad each
Cal 346 **Fat** 25g (sat 5g) **Chol** 70mg **Carbs** 4g **Total sugars** 2g (added 0g) **Protein** 25g **Fiber** 1g **Sodium** 358mg **Potassium** 591mg.

JOHNNY AUTRY, STYLING CHARLOTTE AUTRY, RECIPE BY ADAM HICKMAN

Salt & Pepper Shrimp with Snow Peas

ACTIVE: 15 min **TOTAL:** 15 min

In China, salt & pepper shrimp is traditionally made with tongue-numbing Sichuan peppercorns. If you have some in the pantry, feel free to use them here; we opted for a combo of easier-to-find white and black pepper. The white pepper adds earthy flavor, while black kicks up the heat.

- **1 pound shell-on deveined raw shrimp (36-40 per pound; *see Tip*)**
- **3 tablespoons cornstarch**
- **¾ teaspoon salt, divided**
- **1 teaspoon ground black pepper**
- **1 teaspoon ground white pepper**
- **5 tablespoons canola oil, divided**
- **1 pound snow peas**
- **1 serrano *or* jalapeño pepper, thinly sliced**
- **5 cloves garlic, thinly sliced**
- **¼ cup water**
- **½ cup chopped fresh cilantro**

1. Toss shrimp with cornstarch, ½ teaspoon salt, black pepper and white pepper in a large bowl.
2. Heat 3 tablespoons oil in a large flat-bottom wok or cast-iron skillet over high heat until shimmering. Add half the shrimp and cook, stirring occasionally, until crisp and pink, about 2 minutes. Transfer to a plate with a slotted spoon. Add the remaining 2 tablespoons oil to the pan and repeat with the remaining shrimp. Sprinkle the shrimp with ⅛ teaspoon salt.
3. Add snow peas, serrano (or jalapeño) and garlic to the pan and cook, stirring occasionally, for 1 minute. Add water, cover and cook until the snow peas are just tender, about 2 minutes. Season with the remaining ⅛ teaspoon salt.
4. Serve the snow peas and shrimp topped with cilantro.

SERVES 4: 4 oz. shrimp & 1 cup snow peas each
Cal 316 **Fat** 18g (sat 1g) **Chol** 159mg **Carbs** 16g **Total sugars** 4g (added 0g) **Protein** 23g **Fiber** 3g **Sodium** 561mg **Potassium** 512mg.

SHELL IT OUT

Cooking shrimp with their shells on makes for an extra-crispy exterior (yes, you can eat them!) and luscious meat that won't dry out. Look for labels like "easy peel" for shell-on deveined shrimp. For the most sustainable option, look for packages sporting the MSC Certified Sustainable Seafood (wild) or ASC Certified (farmed) seal.

ILLUSTRATION BY EMMA DIBBEN; FOOD STYLING BY [illegible]

skip sunscreen on a cloudy day? no way.

— Jennifer Garner

[redacted] grayest day, the sun is up there shining. So wear sunscreen every day. It's a simple sun safe habit and one of the best things you can do for the health of your skin.

Share photos of clouds above you, or your favorite [redacted] moments. #EverydayIsaSUNday

every day is day

with participation from

ASDS. American Society for Dermatologic Surgery

Chicken Pita Sandwiches with Harissa Sauce

ACTIVE: 35 min **TOTAL:** 4 hrs 35 min
EQUIPMENT: 6-qt. or larger slow cooker

We tuck this lemon-oregano chicken into pitas with lots of fixings, but you could ditch the pita and serve it all over cooked bulgur, cauliflower rice or a bed of greens.

- Zest & juice of 1 lemon
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 3 teaspoons grated garlic, divided
- ½ teaspoon ground allspice
- ½ teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- 3 pounds boneless, skinless chicken thighs, trimmed
- 6 tablespoons tahini
- ¼ cup water
- 2 tablespoons harissa paste
- 8 whole-wheat pitas, warmed if desired
- Shredded romaine, diced tomatoes & slivered red onion for serving

1. Combine lemon zest and juice, cumin, oregano, 2 teaspoons garlic, allspice and ¼ teaspoon each salt and pepper in a 6-quart or larger slow cooker. Add chicken and toss to coat. Cook on Low for 4 hours.

2. Meanwhile, whisk tahini, water, harissa, the remaining 1 teaspoon garlic and ⅛ teaspoon each salt and pepper in a small bowl. Refrigerate until ready to serve.

3. Transfer the chicken to a clean cutting board and let rest for 5 minutes. Shred the chicken and toss in a bowl with ¼ cup of the juices from the slow cooker and the remaining ⅛ teaspoon each salt and pepper. Serve the chicken in pitas with the sauce and lettuce, tomato and onion, if desired.

SERVES 8: 1 pita sandwich each
Cal 530 **Fat** 20g (sat 4g) **Chol** 113mg **Carbs** 49g **Total sugars** 3g (added 0g) **Protein** 41g **Fiber** 6g **Sodium** 670mg **Potassium** 432mg.

RECIPE BY CAROLYN MALCOLM

For more load-&-go slow-cooker recipes, hover your phone's camera over this code.

Grilled to Perfection

Kids can learn to cook burgers just right and know when they're ready with the help of an instant-read thermometer. **By Joy Howard**

Pizza-Inspired Sliders

ACTIVE: 25 min **TOTAL:** 25 min

Mini burgers are perfect for small hands. Italian herbs, marinara and melty mozz give them the appeal of pizza.

- **1 pound lean ground beef**
- **1 tablespoon chopped fresh parsley**
- **2 teaspoons chopped fresh oregano**
- **½ teaspoon ground pepper**
- **¼ teaspoon kosher salt**
- **⅓ cup low-sodium marinara sauce**
- **4 ounces fresh mozzarella, thinly sliced**
- **8 small leaves Boston lettuce**
- **8 whole-wheat dinner rolls, toasted**

1. Preheat grill to medium-high.

2. KIDS DO Mix beef, parsley, oregano, pepper and salt in a large bowl until well combined. Divide the meat into 8 equal portions and shape each into a 1-inch thick patty.

3. KIDS HELP Grill the sliders, turning once halfway, until an instant-read thermometer inserted in the thickest part registers 130°F, 2 to 4 minutes per side (for medium-rare when done).

4. KIDS HELP Spoon marinara onto each slider and top with mozzarella. Grill until the cheese is melted, about 2 minutes more. Serve the sliders with lettuce on rolls.

SERVES 4: 2 sliders each

Cal 451 **Fat** 16g (sat 7g) **Chol** 78mg **Carbs** 39g **Total sugars** 5g (added 0g) **Protein** 38g **Fiber** 6g **Sodium** 618mg **Potassium** 518mg.

GO BIG

The key to even cooking is equal patty sizes that are the same thickness throughout. Another tip: Shape the patties a little larger than the size of your buns—they'll shrink as they cook!

CHECK THE TEMP

Insert the tip of an instant-read thermometer in the center of the burger. It will read 135°F for medium-rare (about 3 minutes per side), 140°F for medium, 150° for medium-well and 160° for well-done (the USDA recommendation).

BRETT SIMPSON

The beauty is in the *Balance.*

It starts with a slow sauté and finishes with a long simmer. Carefully created with Extra Virgin Olive Oil, 100% Italian tomatoes, and Genovese Basil for a taste like no other.
Learn more at verogustosauce.com

NO PRESERVATIVES - NO ADDED SUGAR - NO ADDED WATER

Barilla®

Summer Greens Salad with Tomato Vinaigrette & Anchovy Breadcrumbs

ACTIVE: 20 min **TOTAL:** 20 min

Using a variety of greens gives this simple salad an interesting mix of textures. The anchovy in the breadcrumbs and sun-dried tomatoes in the vinaigrette are subtle, but key to adding umami.

- **1 tablespoon extra-virgin olive oil**
- **1 anchovy fillet**
- **¼ cup fresh whole-wheat breadcrumbs**
- **¼ cup oil-packed sun-dried tomatoes**
- **¼ cup white balsamic *or* sherry vinegar**
- **¼ cup grapeseed oil**
- **1 tablespoon diced shallot**
- **1 teaspoon Dijon mustard**
- **1 teaspoon honey**
- **¼ teaspoon salt**
- **Ground pepper to taste**
- **3 cups torn Little Gem lettuce *and/or* butter lettuce**
- **3 cups red-frill mustard greens *and/or* frisée**
- **1 medium bulb fennel, very thinly sliced**
- **4 radishes, very thinly sliced**

1. Heat olive oil and anchovy in a small saucepan over medium heat, mashing the anchovy into the oil. Add breadcrumbs and cook, stirring, until crisp, about 2 minutes.

2. Combine tomatoes, vinegar, grapeseed oil, shallot, mustard, honey, salt and pepper in a mini food processor; process until smooth.

3. Combine lettuce, greens, fennel and radishes in a large bowl. Add the dressing and toss to coat. Serve sprinkled with the breadcrumbs.

SERVES 4: 1½ cups each

Cal 249 **Fat** 20g (sat 2g) **Chol** 1mg **Carbs** 18g **Total sugars** 8g (added 1g) **Protein** 4g **Fiber** 4g **Sodium** 292mg **Potassium** 683mg.

Chef Ian Rynecki

Much of the produce Rynecki uses—like the Little Gem lettuce and red-frill mustard greens—at Pippin Hill Farm and Vineyards outside Charlottesville, Virginia, is grown right on site. As part of this "vineyard-to-table" dining, he ensures each bite pairs perfectly with the wines made from the grapes that grow there.

LEIGH BEISCH, STYLING BY CAMERON MCKENNA (FOOD); GLENN KERNICK (PROPS); INSET: COURTESY CHELEY

Chicken & Tomatillo Enchiladas

ACTIVE: 30 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate sauce (Steps 1-3) for up to 1 week or freeze for up to 3 months.

Roasting tomatillos before pureeing them into an enchilada sauce adds another dimension of flavor and a little sweetness. Put out plenty of toppings so everyone can add what they like.

- **1 pound boneless, skinless chicken breast**
- **1 teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **2 pounds tomatillos, husked**
- **2 medium white onions, quartered**
- **4 jalapeños, stemmed and seeded, if desired**
- **6 cloves garlic, peeled**
- **1 cup chopped fresh cilantro**
- **8 6-inch corn tortillas, warmed**
- **1 cup shredded Monterey Jack cheese, divided**
- **Shredded cabbage, sliced jalapeños, cilantro, sour cream & lime wedges for serving**

1. Preheat oven to 450°F. Coat 2 rimmed baking sheets with cooking spray.

2. Place chicken on one of the prepared pans and sprinkle with ¼ teaspoon salt and pepper. Spread tomatillos, onions, jalapeños and garlic on the other pan. Transfer both pans to the oven. Roast the chicken, flipping once, until an instant-read thermometer inserted in the thickest part registers 165°F, 15 to 25 minutes. Roast the vegetables, stirring occasionally, until tender and browned, about 25 minutes. Reduce oven temperature to 375°.

3. Shred the chicken. Transfer the vegetables to a blender. Add cilantro and the remaining ¾ teaspoon salt; blend until smooth, about 30 seconds.

4. Spread ½ cup sauce in a 9-by-13-inch baking dish. Pour 2½ cups sauce into a pie pan. (Refrigerate or freeze the remaining sauce for another use.) Dip 1 tortilla in the sauce in the pie pan, coating both sides. Top the tortilla with ¼ cup chicken and 1 tablespoon cheese. Roll up and place, seam-side down, in the baking dish. Repeat with the remaining tortillas, chicken and 7 tablespoons cheese. Top the enchiladas with the sauce remaining in the pie pan and the remaining ½ cup cheese.

5. Bake until the sauce is bubbling and the cheese is melted, 20 to 25 minutes. Serve with desired toppings.

SERVES 4: 2 enchiladas each

Cal 453 **Fat** 15g (sat 7g) **Chol** 122mg **Carbs** 33g **Total sugars** 7g (added 0g) **Protein** 47g **Fiber** 6g **Sodium** 642mg **Potassium** 783mg.

RECIPE BY DEVON O'BRIEN

MEAL-PREP IT!

We designed this recipe to make enough sauce for two meals to help your efforts go further. Keep the extra in your fridge or freezer for another batch of enchiladas or use it as a simmer sauce for braising meat, such as pork shoulder, for tacos.

For more sheet-pan dinners, hover your phone's camera over this smart code.

Roasted Rosemary Salmon with Asparagus & Potatoes

ACTIVE: 20 min **TOTAL:** 30 min

Yukon Golds are great here because they get crispy on the outside but completely creamy on the inside. A brush stroke or two of balsamic glaze provides a rich color and a sweet finish.

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons minced garlic
- 1¼ pounds Yukon Gold potatoes, cut into 1-inch pieces
- 1 teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1 pound asparagus, trimmed
- 4 5-ounce skinless salmon fillets, preferably wild
- 1 medium lemon
- 2 tablespoons balsamic glaze
- ½ teaspoon whole-grain mustard

1. Preheat oven to 425°F.

2. Stir together oil, rosemary and garlic in a small bowl. Place potatoes in a large bowl and toss with 1 tablespoon of the oil mixture and ½ teaspoon each salt and pepper. Arrange the potatoes in an even layer on a large rimmed baking sheet. Roast until lightly browned and tender, about 20 minutes. Push the potatoes to one end of the pan.

3. Place asparagus in the large bowl and toss with 1 tablespoon of the oil mixture, ¼ teaspoon salt and ⅛ teaspoon pepper. Arrange the asparagus on other end of the baking sheet. Roast until the asparagus is bright green, about 3 minutes. Push the vegetables to either end of the pan, leaving space in the center.

4. Brush salmon with the remaining 1 tablespoon oil mixture and sprinkle with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Place the salmon in the center of the pan. Thinly slice half the lemon and tuck the slices around the salmon and vegetables. Roast for 5 minutes more. Cut the remaining lemon half into wedges.

5. Whisk balsamic glaze and mustard in a small bowl. Brush 1 tablespoon of the mixture on the salmon. Continue roasting until the salmon is just cooked through and the vegetables are tender, about 5 minutes. Drizzle the vegetables with the remaining sauce. Serve with the lemon wedges.

SERVES 4: 4 oz. salmon, 2 oz. asparagus & ⅔ cup potatoes each

Cal 400 **Fat** 16g (sat 3g) **Chol** 66mg **Carbs** 34g **Total sugars** 6g (added 0g) **Protein** 33g **Fiber** 4g **Sodium** 711mg **Potassium** 683mg.

FOOD STYLING: GREG LUNA. RECIPE BY JULIA LEVY

Creamy Cucumber Dill Soup

ACTIVE [illegible] TOTAL [illegible]

A combination of avocado and yogurt gives this cucumber just the right amount of creaminess in this rich chilled soup.

- 3 cups chopped seeded peeled cucumber
- 1 ripe avocado, peeled and pitted
- 1 cup low-fat plain yogurt
- ¼ cup chopped fresh dill
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground pepper, plus more for garnish
- 4 teaspoons extra-virgin olive oil
- Julienned radishes for garnish

1. Combine cucumber, avocado, yogurt, dill, lemon juice, salt and pepper in a blender. Blend on high [illegible]. Refrigerate the soup until chilled, if desired.
2. Serve the soup drizzled with oil and garnished with more pepper and radishes, if desired.

SERVES 4; about [illegible] cup each

Cal 173 Fat 13g (sat 2g) Chol [illegible] Carbs [illegible]
Total sugars 6g (added [illegible]) Protein [illegible] Fiber 5g
Sodium 340mg Potassium [illegible]

Sautéed Zucchini & Red Onions with Chive Butter

PICKY EATERS EDITION

ACTIVE 15 min. TOTAL [illegible]

Switch up the chives for whatever's growing in your garden—basil or dill would also be delicious in the compound butter that tops this simple zucchini sauté.

- 1 tablespoon extra-virgin olive oil
- 1 pound zucchini, cut into half-moons
- 1 small red onion, cut into ½-inch pieces
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons unsalted butter, at room temperature
- 1 tablespoon minced fresh chives
- 1 tablespoon lemon juice

1. Heat oil in a large skillet over medium-high heat. Add zucchini, onion, salt and pepper. Cook, stirring occasionally, until tender, 4 to 6 minutes.
2. Meanwhile, mash butter with chives in a small bowl until combined.
3. Remove pan from heat and stir in lemon juice. Top the vegetables with the chive butter before serving.

SERVES 4, generous ½ cup each

Cal [illegible] Fat 10g (sat 4g) Chol 15mg Carbs 6g
Total sugars 3g (added [illegible]) Protein 2g Fiber 3g
Sodium [illegible] Potassium 383mg

RECIPES BY DEVON O'BRIEN. RACHEL STEARNS

STOP, BREATHE & THINK

MIND EVERY MOMENT

Check in with how you're feeling with short mindfulness activities tuned to your emotions.

stopbreathethink.com

DOWNLOAD STOP, BREATHE & THINK® FOR FREE

Download on the App Store

GET IT ON Google Play

Hover your phone's camera over this smart code to download now.

© 2019 Stop, Breathe & Think® Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. © 2018 Google LLC. All rights reserved. Google Play and the Google Play logo are trademarks of Google LLC

For more easy one-bowl dessert recipes, hover your phone's camera over this smart code.

Plum Buckle

ACTIVE: 25 min **TOTAL:** 1 hr 40 min
EQUIPMENT: Parchment paper

This fruit-topped cake got its name because of the way the batter buckles as it bakes. We omitted the traditional crumb topping to let the plums shine.

- **1¼ cups white whole-wheat flour**
- **¾ cup all-purpose flour**
- **1 teaspoon baking powder**
- **1 teaspoon ground cardamom *and/or* cinnamon**
- **¼ teaspoon salt**
- **5 tablespoons unsalted butter, at room temperature**
- **¾ cup granulated sugar**
- **2 large eggs**
- **¼ cup extra-virgin olive oil**
- **1 teaspoon vanilla extract**
- **2 large plums (about 10 ounces total), halved and sliced ½ inch thick**
- **1 tablespoon turbinado sugar**

1. Preheat oven to 350°F. Coat a 9-inch cake pan with cooking spray. Line the bottom with parchment paper and coat the paper too.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, cardamom (and/or cinnamon) and salt in a medium bowl. Beat butter and granulated sugar in a large bowl with an electric mixer at medium-high speed until well combined. Add eggs, one at a time, and beat until light and fluffy. Add oil and vanilla and beat for 30 seconds. Add the flour mixture and beat on low speed until just combined.
3. Spread the batter evenly in the prepared pan. Arrange plums, slightly overlapping, on top, pressing gently to partially submerge them in the batter. Sprinkle turbinado sugar over the top.
4. Bake the cake until golden brown and a toothpick inserted in the center comes out clean, 45 to 55 minutes.
5. Cool in the pan on a wire rack for at least 20 minutes. Run a knife around the edge to loosen it and transfer the cake to a serving plate.

SERVES 10: 1 slice each
Cal 279 **Fat** 12g (sat 5g) **Chol** 52mg **Carbs** 38g **Total sugars** 19g (added 16g) **Protein** 4g **Fiber** 2g **Sodium** 122mg **Potassium** 93mg.

RECIPE BY RACHEL STEARNS

NEW

Breyers
CARB SMART

60 CALORIES SMART

60 calories. 4g net carbs.

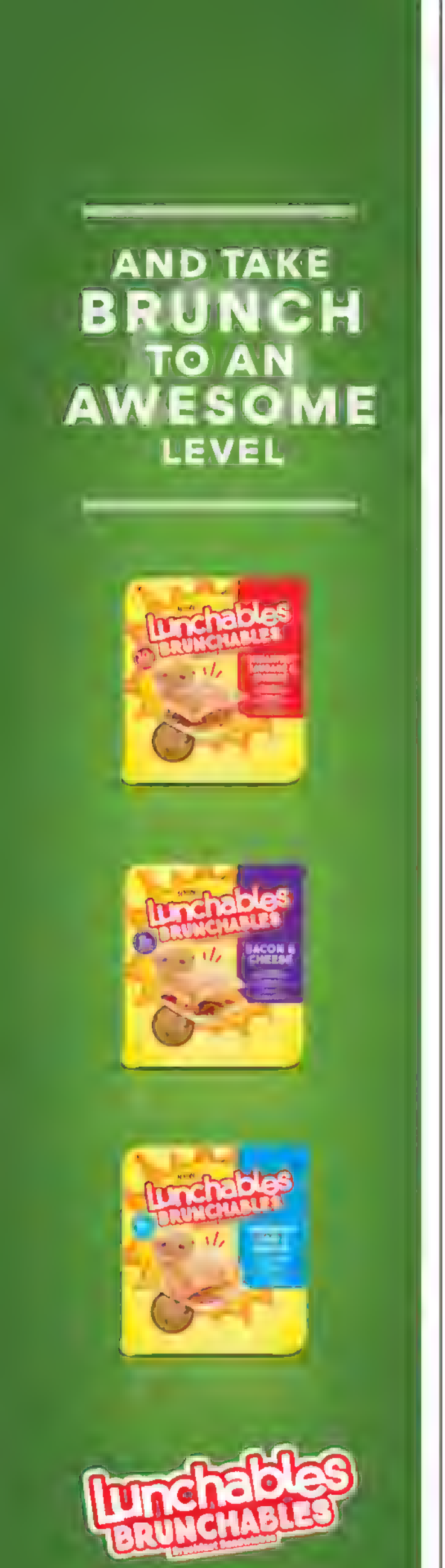
2.5g fat, 2g saturated fat, 4g sugar

GOOD FOOD FAST

Beat the Heat!

By Sara Haas, RDN, LDN

PHOTOGRAPHS BY
Ted & Chelsea Cavanaugh



Frozen Faves

These tasty bites are worth the brain freeze.

Daiya Dairy-Free Frozen Dessert Bars
180-200 calories, 13-15g sugar
Reminiscent of an ice cream truck goody, you won't believe these chocolate-dipped bars are vegan. We're obsessed with the Chocolate Fudge Crunch flavor; its shell is loaded with pumpkin seeds.

GoodPop
35-120 calories, 7-17g sugar
This company is making nostalgic icy snacks but with all-natural colors and no other artificial ingredients. Think red, white and blue Cherry Lemonade rocket pops and plant-based Chocolate Fudge and Orange N' Cream pops.

Yasso Bars
80-130 calories, 11-16g sugar
Grab one of these bars in flavors like Chocolate-Chip Cookie Dough, Sea Salt Caramel and Mint Chocolate Chip. Creamy Greek yogurt makes this treat feel indulgent while delivering the protein: 5 grams or more per serving.

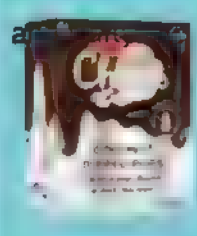
Halo Top Mini Pops
50-60 calories, 3-5g sugar
Skip the pint—the makers of that low-calorie ice cream with a cult following now make perfectly portioned pops in childhood-favorite flavors, such as Mint Chip and Peanut Butter Swirl.

SoDelicious Sandwiches
100 calories, 7g sugar
Creamy coconut and almond milk-based "ice cream" gets sandwiched between two soft, chocolate wafer cookies for a classic ice cream sandwich, without the dairy!

Magnum Mini Ruby Ice Cream Bars
130 calories, 3g sugar (for 1 bar)
The notoriously rich bars are now available in a perfect-size treat. Its gorgeous pink hue comes from ruby cacao, which is naturally pink

Trader Joe's Mini Mochi
70 calories, 7g sugar (for 2 pieces)
A chewy rice dough wraps around a flavorful coconut-based ice cream center in these Japanese-inspired bite-size desserts. The mango variety has serious vacation vibes.

Dole Dippers
70-100 calories, 6-9g sugar
Dole has you covered with packs of frozen, chocolate-dipped pineapple and banana chunks. Go for the dark-chocolate varieties for added antioxidants.



Chloe's Dipped Pops
120 calories, 15-17g sugar
The company's classic fruit pops keep it simple with just real fruit puree, water and sugar. But the dipped version takes it a step further by smothering the frozen treat in a dark chocolate shell.

GRANDMA'S HOUSE

BOUNCY HOUSE

Give them the everyday awesome of Lunchables

3-Ingredient No-Cook Dinners

Step away from the stove! Stir, toss or roll up these pan-free meals.
By Carolyn Hodges

Each recipe serves 4.

Mediterranean Flatbreads
Split an 8-oz. container **roasted red pepper hummus** between 2 toasted **naan flatbreads.** Top each with a handful of **arugula.**

Salmon Caesar Collard Wraps
Divide 8 oz. flaked **smoked salmon** among 4 large **chard leaves.** Prepare a 10- or 12-oz. **Caesar salad kit** according to package directions. Spoon one-fourth of the mix onto each leaf; roll up burrito-style.

White Bean Pesto Baguette
Mash a rinsed 15-oz. can of no-salt-added **white beans;** stir in ¼ cup prepared **pesto.** Spread onto 8 oz. of toasted **whole-grain bread.**

Asian Sesame Slaw Bowls *(Photo: page 2.)*
Toss together two 12-oz. bags **broccoli slaw** with 2 cups **shelled edamame** and ½ cup **Asian sesame salad dressing.**

Tuna Zoodle Salad
Toss 2 lbs. fresh **zucchini noodles** with ½ cup **Italian salad dressing;** mix in two 5-oz. cans **skipjack tuna,** drained.

Southwest Shrimp Lettuce Cups
Toss together 1 cup of **black bean and corn-style salsa** with 12 oz. **cooked shrimp.** Divide among 12 **butter lettuce** leaves.

Hover your phone's camera over this smart code.

STYLING: NORA S. NGLEY

Graze Anatomy

An appetizer board, especially one with a riot of textures, flavors and colors, can serve as a delightful (if unconventional) dinner. Arrange at least one item from each of the following categories to make your own. **By Ali Slagle**

PROTEIN: Go simple with anything from rotisserie chicken to cheese and deli meats, or up the ante with your best tinned fish, cooked shrimp or chickpeas tossed in vinaigrette.

COLD AND CRUNCHY: Any crudités will do the trick—broccoli, green beans, radishes, carrots, celery, you get it.

A DIP: Or two! You need something creamy to swipe through. Try mustard, bean dip, hummus, spreadable cheese, guacamole or even sour cream and onion dip.

A STARCH: Try toasted bread slices, crackers, crispbreads or torn pita.

SOMETHING SWEET: A pile of berries provides a bright contrast. Other options: dried fruit, chocolate or spiced nuts.

FLAVOR BURSTS: Throw on bold ingredients that'll pop, like olives, pickled vegetables, corn nuts, caper berries or marinated artichoke hearts.

Skinny Dipped Almonds
A thin layer of dark chocolate and a dusting of cocoa or fruit powder coats roasted almonds.
La Quercia 'Nduja Americana
Chile pepper gives this prosciutto-and-speck spread a hit of heat.
Bitchin' Sauce
Liquid aminos and nutritional yeast give this almond-based vegan dip big umami flavor.
Leslie Stowe Raincoast Oat Crisps
These gluten-free crackers have irresistible crunch from all the seeds.
Vermont Creamery Cultured Butter
Live active cultures make this extra-creamy butter slightly tangy.
Trader Joe's Giant Peruvian Inca Corn
These savory morsels add a delightful crunch and flavor pop.

STYLING NORA S NGLEY (FOOD), A.A MAI A COON (PROPS)

PROMOTION

LIVING WELL

YOUR GUIDE TO PRODUCTS, PROMOTIONS, & SPECIAL EVENTS

A FAUCET THAT WORKS SMARTER

Command your kitchen with Delta® VoiceIQ™ Technology. Turn on and off, warm up water, dispense a metered amount or fill custom containers like your coffee pot.
deltafaucet.com/voiceiq

SAVOR THE SEASON

Spring and summer months bring a bounty of delicious vegetables at their peak. This EatingWell special edition explores the must-know basics, cooking tips, and more for the season's best produce. Available at retailers and via **Amazon.com** now.

Visit **Promo.EatingWell.com** for information on events and special offers.

PEANUT BUTTER CUP
Roasted Peanut Oil
Peanut Butter Powder
Cocoa Powder
Confectioners' Sugar
Salt

HARISSA SPICE
Melted Butter
Harissa Spice Blend
Oregano
Garlic Powder
Salt

Pop Toppers

Give plain popcorn a flavor makeover with any of these seasoning combinations. It's as simple as drizzle, sprinkle and shake!
By Devon O'Brien

PIZZA
Olive Oil
Nutritional Yeast
Italian Seasoning
Crushed Red Pepper
Salt

COCONUT CURRY
Melted Coconut Oil
Curry Powder
Unsweetened Shredded Coconut
Salt

CANDIED NUTS
Pecan Oil
Brown Sugar
Cinnamon
Cardamom
Salt

ZAPTASTIC
Learn how to DIY microwave popcorn, plus get more topping ideas, at eatingwell.com/poptops

Build a Better Gorp

We're swapping out Good Ol' Raisins and Peanuts for a more interesting, beneficial blend to take hiking or biking. Combine equal parts of all 5 ingredients, then pack and go! **By Devon O'Brien**

STYLING NORA S NGLEY (FOOD, *LEFT & RIGHT*), AJA MAL A COON (PROPS, *LEFT*)

Salted Roasted Almonds Not only do almonds provide protein, carbs and healthy fats for sustained fuel, choosing a salted version helps replace electrolytes lost during tough workouts outside.

Salted Roasted Pistachios Just like almonds, pistachios provide long-lasting energy. Plus, they're considered a complete protein because they contain all 9 essential amino acids.

Dried Tart Cherries Research shows that these sour bits can help reduce post-exercise soreness and have an anti-inflammatory effect.

Dark Chocolate Chunks Dark chocolate has some of the same antioxidants the tart cherries do, doubling down on the soreness-reducing efforts of this gorp. A study in *The Journal of the International Society of Sports Nutrition* showed chocolate can increase endurance.

Toasted Coconut Flakes The fat in these flakes has serious staying power. It helps you digest the carbs slower, keeping you fuller longer. Not to mention the extra boost of flavor it adds from being toasted.

Breakfast in a Bar

Squeezing in a workout or dashing for early desk time? Don't skip breakfast. Reach for one of these. **By Sara Haas, R.D.N., L.D.N.**

Kashi Grain Free Coconut Almond Chewy Granola Bar
200 calories, 5g protein, 3g fiber, 5g sugar
Sliced almonds, large coconut flakes and sunflower seeds come together in a soft, lightly sweetened bar.

Bob's Red Mill Peanut Butter Coconut & Oats Bob's Bar
230 calories, 7g protein, 4g fiber, 9g sugar
We love the short ingredient list but there's still plenty of tantalizing flavor from this nutty granola-like bar with a tropical twist.

Epic Chicken, Egg Yolk and Apple Bar
140 calories, 13g protein, 2g fiber, 2g sugar
Jerky-inspired bars are enhanced with eggs and apples for a morning-meal feel. Plus, this choice comes with a good serving of protein to keep you full.

Nature's Path Nut Butter Pumpkin Seed & Sunflower Bar
170 calories, 5g protein, 2g fiber, 9g sugar
Sunflower and pumpkin seeds unite for a bite that delivers a little crunch with a touch of chocolaty sweetness.

Kind Breakfast Protein Almond Butter Bar
220 calories, 8g protein, 4g fiber, 10g sugar
Almond butter fans rejoice—whole grains, seeds and nuts are mixed with a good serving of the stuff for a chewy bar with crunchy bits mixed in.

ZenB Pumpkin Veggie Sticks
140 calories, 3g protein, 3g fiber, 8g sugar
Pumpkin gets spiced up with cinnamon and a touch of sweetness in this satisfying bar that's loaded with nuts and puffed whole grains.

Clif Nut Butter Filled Maple Almond Butter Bar
230 calories, 6g protein, 3g fiber, 9g sugar
This chewy on the outside, creamy on the inside bar is loaded with real maple flavor reminiscent of a short stack.

Bobo's Cherry Almond Butter Protein Bar
260 calories, 10g protein, 5g fiber, 12g sugar
Cherries and almonds go together like PB&J. This satisfying oat bar amps up the plant-based protein with nuts, hemp hearts and pea protein.

Best Homemade Granola Bars
Hover your phone's camera over this smart code.

STYLING: NORA S NGLEY

Kashi

GO

CHECKLIST

- 10 GRAMS OF PROTEIN
- 13 GRAMS OF WHOLE GRAINS
- TASTY CRISPY CLUSTERS
- ME TIME

GO CRUSH THE DAY

With 10g of Protein

So You Can Do More of What You Love

True North

Drawn by its pristine lakes, wild scenery and laid-back lifestyle, a wave of entrepreneurs have transformed the food scene in this neck of Minnesota, with delicious results

By Betsy Andrews

LOCATION PHOTOGRAPHY BY SARA RUBINSTEIN
FOOD PHOTOGRAPHY BY RYAN LIEBE

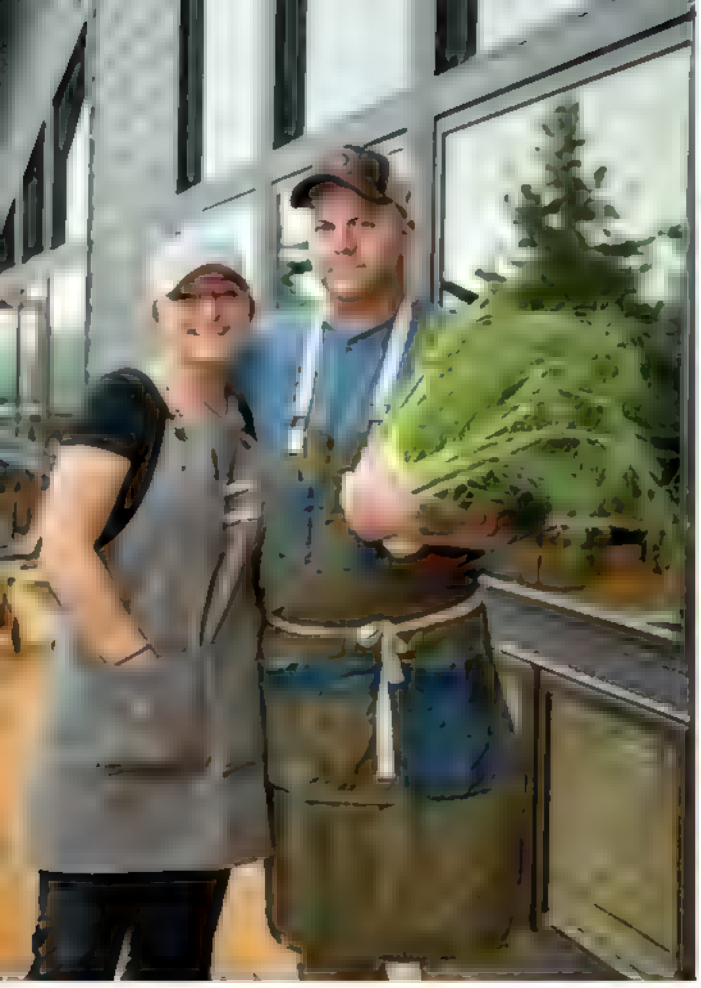
The northern Minnesota night was still. The sky sparkled with stars, loons called to each other across Poplar Lake. But inside the Poplar Haus restaurant last summer, it was hopping. Vacationers and hardy locals sipped Northwoods Mules spiked with local aquavit. One of the owners, Bryan Gerrard, was shuttling around the dining room. "It's been so busy!" he said. "There's this magnetism drawing younger people up here."

Gerrard should know. Three years ago, he and his wife, Stacey, along with chef Kippy Kuboy and his partner, Lynse McDonough, were burnt out on the Minneapolis dining scene. They were lured to this part of Minnesota, a region that stretches along Lake Superior from Duluth to Ontario, for its laid-back vibe. The couples overhauled a decrepit resort and created hip Poplar Haus, where the cozy cabins and Kuboy's inventive comfort food reeled in crowds.

Kuboy emerged from the kitchen with a walleye po'boy. "I don't see myself going back to the city. I'm an avid outdoors guy," he said, summing up the appeal of the area. Millions of visitors come every year to explore the 1,100 tree-fringed lakes of the Boundary Waters Canoe Area, see the northern lights in Voyageurs National Park, ramble along the Superior Hiking Trail and explore the harbor towns along the 110-mile drive from Duluth to Grand Marais.

"I really like the new energy and vision," chef and retired restaurateur Judi Barsness said. "When we came here 30 years ago, we were the ones with that vision." She was prepping for a day of teaching at North House Folk School, which her husband helped launch in 1997, in Grand Marais. Barsness' class, dubbed "Cooking with the Seasons," is just one of hundreds that teach the

Chef Kippy Kuboy fishes for lots of different species on the lakes of northeastern Minnesota, but his favorite to hook are splake. The hybrid of brook and lake trout has richly colored orange meat that he likes to blacken with the Japanese spice blend togarashi.



crafts and skills of living Up North. You can even learn to build a skiff like those that 19th-century Scandinavian settlers once used to catch fish in Lake Superior.

Heading south to Duluth along Highway 61 (yes, *that* Highway 61, Bob Dylan fans) there are plenty of opportunities to chase waterfalls (Gooseberry Falls State Park alone has five), ramble through the woods, check out lighthouses and skip rocks on calm inlets of the lake. And when you're hungry, you could heed the siren call of a berry-filled slice from a pie shop or grab some smoked whitefish and trout from one of the smokehouses along the way.

Not that Duluth doesn't offer its own delicious discoveries. Back in the early 1900s, Duluth boasted the nation's busiest port, shipping ore from Minnesota's Iron Range to America's steel plants. The town thrived—until the 1970s when the high-grade iron ore ran out and the global steel market took a plunge. The waterfront, along with much of Duluth, went fallow.

But in 1989, the city built a promenade called the Lakewalk, and the port took off as a tourist destination, with shops and eateries moving into old warehouses. None is more locally focused than Lake Avenue restaurant. Co-owner Derek Snyder sources ingredients like microgreens and heritage pork from the region, and his mushrooms come from an area high school teacher who moonlights as a forager. After 29 years, Snyder's spot is an institution.

Down the road, Tom Hanson has spurred an [*story continues on page 74*]

About an hour from the Canadian border lies the town of Grand Marais *(bottom)*. There you can replenish calories at World's Best Donuts *(center right)*, learn a new skill at North House Folk School *(top right)* or enjoy some hospitality at Poplar Haus from co-owners Lynse McDonough and Kippy Kuboy *(top left)* and Bryan and Stacey Gerrard.

Crispy Walleye with Pickled Fennel & Dill Tartar Sauce

ACTIVE: 1 hr 5 min **TOTAL:** 1 hr 5 min

One of chef Kippy Kuboy's most popular dishes at the Poplar Haus is his walleye po'boy. Here we serve it deconstructed, but go ahead and pile everything on a soft roll if you like.

TARTAR SAUCE
- ½ cup mayonnaise
- ⅓ cup chopped fresh dill
- 1 tablespoon diced dill pickle
- 1 small clove garlic, minced
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- ⅛ teaspoon ground pepper

PICKLED FENNEL
- 1 cup rice vinegar
- ½ cup sugar
- ½ cup chopped fresh dill
- 1 medium bulb fennel, fronds removed, thinly sliced
- 1 tablespoon lemon zest
- ⅓ cup lemon juice

FISH
- ¼ cup all-purpose flour
- 1 teaspoon Old Bay seasoning
- 1 large egg
- ¼ cup low-fat milk
- 1 cup panko breadcrumbs, preferably whole-wheat
- ½ cup crushed plain kettle-style potato chips
- 1 tablespoon granulated garlic
- 4 4-ounce walleye, catfish or tilapia fillets, patted dry
- 4 tablespoons canola oil
- Pinch of salt
- Lemon wedges for serving

1. To prepare tartar sauce: Combine mayonnaise, ⅓ cup dill, pickle, minced garlic, 1 teaspoon lemon zest, 1 tablespoon lemon juice and pepper in a medium bowl. Set aside.

2. To prepare pickled fennel: Combine vinegar and sugar in a small saucepan. Heat over medium heat until the sugar dissolves, about 5 minutes. Add dill and remove from heat. Place fennel in a medium bowl and pour the vinegar mixture over it. Stir in lemon zest and lemon juice. Set aside.

3. To prepare fish: Combine flour and Old Bay in a shallow dish. Whisk egg and milk in another shallow dish. Combine panko, potato chips and granulated garlic in a third shallow dish. Dredge fish in the flour, dip in the egg mixture, then coat in the panko mixture.

4. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat until shimmering. Add the fish and reduce heat to medium. Cook until browned, 2 to 3 minutes. Flip the fish and add the remaining 2 tablespoons oil to the pan. Cook, adjusting heat as necessary, until browned and just cooked through, 2 to 3 minutes more. Sprinkle with salt. Serve the fish with the tartar sauce, pickled fennel and lemon wedges, if desired.

SERVES 4: 4 oz. fish, 3 Tbsp. tartar sauce & ½ cup fennel each

Cal 454 **Fat** 37g (sat 5g) **Chol** 87mg **Carbs** 14g **Total sugars** 2g (added 0g) **Protein** 17g **Fiber** 1g **Sodium** 471mg **Potassium** 349mg.

Beet-Infused Gin & Tonic

ACTIVE: 10 min **TOTAL:** 5¾ hrs (including 4 hrs infusing time)

TO MAKE AHEAD: Refrigerate beet-infused gin (Steps 1-4) for up to 1 week.

Roasted beets add earthy sweetness to this riff on a summer classic from Duluth's Lake Avenue Restaurant & Bar. You'll end up with a big batch of infused gin. Experiment as you will—its earthy flavor plays nicely with bitters and amaros in other cocktails.

- 8 cups cubed beets (about 10 medium)
- 8 sprigs fresh rosemary, divided
- 1 750-mL bottle gin
- Ice
- 4 ounces tonic water
- Lemon wedge, beet slice *and/or* rosemary sprig for garnish

1. Preheat oven to 350°F.

2. Place beets and 6 rosemary sprigs on a large rimmed baking sheet. Roast, stirring occasionally, until just tender, about 30 minutes.

3. Discard the rosemary and let the beets cool to room temperature, about 1 hour.

4. Combine the beets and the remaining 2 rosemary sprigs in a gallon jar or large bowl. Add gin. Cover and let stand in a cool, dark place for at least 4 hours or for up to 3 days. Strain the gin through a fine-mesh sieve (discard the beets and rosemary).

5. To make each drink: Fill a rocks glass half full with ice. Add 1½ ounces of the gin. Top with tonic water and garnish as desired.

SERVES 1: 6 oz. *(plus enough gin for about 16 more drinks)*

Cal 182 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 12g **Total sugars** 12g (added 11g) **Protein** 0g **Fiber** 0g **Sodium** 24mg **Potassium** 38mg.

upturn in the neighborhood known as Lincoln Park. In the two decades since he transitioned his flagship, Duluth Grill, from the national chain it was once part of, he's learned scratch cooking, switched to local sourcing, and built a garden in the parking lot.

While he had to shutter his businesses during the COVID-19 pandemic, laying off hundreds of employees, Hanson found himself in a new role as community organizer. He launched the Lifting Lincoln Park initiative at the end of March. For a $50 donation, backers will get a copy of the upcoming OMC Smokehouse cookbook plus a $15 gift card to a local business. Proceeds were funneled to neighborhood relief projects. "We've uncovered the idea of community here," he said of Duluth. "I don't want to see any of us fail."

BETSY ANDREWS *is a food and travel writer and a poet. Her award-winning books include* New Jersey *and* The Bottom.

Tom Hanson *(right)* owns Duluth Grill, OMC Smokehouse, Corktown Deli & Brews and Noble Pour. He looked at the COVID-19 pandemic as a sabbatical, allowing him to take a fresh look at his businesses. "My visionary mind gets me in trouble, but also gets me ahead," he said.

Wild Rice Patty Melts

ACTIVE: 45 min **TOTAL:** 1¾ hrs

Lots of local ingredients show up on the menu at Tom Hanson's Duluth Grill, like the wild rice in these patties, harvested by Bruce Savage of Spirit Lake Farms.

- **1 cup wild rice**
- **1½ teaspoons butter**
- **1½ teaspoons extra-virgin olive oil plus 2 tablespoons, divided**
- **2 large onions, thinly sliced**
- **1½ teaspoons ground cumin**
- **¾ teaspoon granulated garlic**
- **¾ teaspoon crushed red pepper**
- **½ teaspoon ground white pepper**
- **¾ cup reduced-fat mayonnaise**
- **½ cup crushed cereal squares, such as Chex**
- **½ cup finely chopped mushrooms**
- **⅓ cup finely chopped fresh parsley plus 1 teaspoon, divided**
- **2 large eggs, lightly beaten**
- **¼ cup jarred roasted red peppers, rinsed and finely chopped**
- **1 tablespoon red-wine vinegar**
- **1½ teaspoons minced garlic**
- **¼ teaspoon dried basil**
- **¼ teaspoon ground chipotle pepper**
- **4 ounces sliced pepper Jack cheese**
- **6 slices whole-wheat bread, toasted**

1. Bring a large saucepan of water to a boil. Add rice and cook, stirring occasionally, until tender, about 40 minutes. Drain and let cool slightly.

2. Meanwhile, heat butter and 1½ teaspoons oil in a large skillet over medium heat until the butter stops bubbling. Add onions and cook, stirring occasionally, until they are a deep golden-brown, 35 to 40 minutes.

3. Position racks in middle and upper thirds of oven; preheat to 350°F. Coat a baking sheet with cooking spray.

4. Combine cumin, granulated garlic, crushed red pepper and white pepper in a medium bowl. Add the cooled rice, mayonnaise, cereal, mushrooms, ⅓ cup parsley and eggs; mix well. Scoop the mixture into 6 portions on the prepared pan and shape into patties.

5. Bake the patties on the middle rack until firm and lightly browned, about 30 minutes.

6. Meanwhile, whisk the remaining 2 tablespoons oil, 1 teaspoon parsley, peppers, vinegar, minced garlic, basil and chipotle in a small bowl.

7. Turn broiler to high. Top the patties with cheese. Broil on the top rack until the cheese melts, 1 to 3 minutes. Serve the patties on toast, topped with the onions and vinaigrette.

SERVES 6: 1 sandwich each

Cal 492 **Fat** 28g (sat 7g) **Chol** 94mg **Carbs** 45g **Total sugars** 5g (added 0g) **Protein** 16g **Fiber** 5g **Sodium** 588mg **Potassium** 340mg.

Tyson Cronberg's Beaver House in Grand Marais is known for the enormous walleye "growing" out of the building and the Beaver Flick fishing lure invented by Tyson's brother, Marty.

Beet & Blueberry Salad with Fennel-Mustard Vinaigrette

ACTIVE: 35 min **TOTAL:** 2 hrs 20 min
TO MAKE AHEAD: Refrigerate beets (Steps 1-2) and dressing (Step 3) for up to 1 day.
EQUIPMENT: Spice grinder or mortar and pestle
Chef Scott Graden of New Scenic Café outside Duluth pickles beets to use in the winter, but in summer he cooks them up fresh in preparations like this salad. (Photo: cover.)

- **2 pounds small-to-medium beets**
- **½ cup water**
- **1 tablespoon fennel seeds, toasted**
- **2 tablespoons rice vinegar**
- **1½ teaspoons lemon juice**
- **1½ teaspoons whole-grain mustard**
- **1 small clove garlic, minced**
- **½ teaspoon honey**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **¼ cup canola oil**
- **3 tablespoons extra-virgin olive oil**
- **½ cup fresh blueberries**
- **½ cup baby mozzarella balls**
- **Thinly sliced radishes & microgreens for garnish**

1. Preheat oven to 375°F.
2. Place beets in a 9-inch baking pan, add water and cover with foil. Roast until the beets can be easily pierced with a fork, 1 to 1¼ hours. Set aside, uncovered, until cool enough to handle, about 30 minutes. Peel and refrigerate until cold, about 30 minutes.
3. Grind fennel seeds in a clean spice grinder or with a mortar and pestle. Transfer to a mini food processor and add vinegar, lemon juice, mustard, garlic, honey, salt and pepper. Process until smooth. With the motor running, gradually add canola and olive oils.
4. Cut the beets to uniform size, halving the smaller ones and quartering the larger ones; place in a medium bowl. Add the vinaigrette and toss to coat. Add berries and mozzarella; toss to coat. Serve topped with radishes and microgreens, if desired.
SERVES 6: about ¾ cup each
Cal 273 **Fat** 21g (sat 4g) **Chol** 4mg **Carbs** 18g **Total sugars** 12g (added 0.5g) **Protein** 6g **Fiber** 5g **Sodium** 233mg **Potassium** 522mg.

Minnesota Nice

At press time, many of these places were closed because of the COVID-19 pandemic. When business is rolling again (fingers crossed), we recommend visiting these spots.

WHERE TO STAY

Pier B Resort's big, wood-paneled rooms overlook Lake Superior close to Duluth's Craft District. *pierbresort.com*

Grand Marais' modern boutique **Mayhew Inn** boasts rooftop decks and an outdoor lounge. *themayhewinn.com*

WHERE TO EAT

Duluth's **Lake Avenue** restaurant offers inspired, locally sourced meals and a vivacious drinks list. *lakeaveduluth.com*

New Scenic Café is a destination for Scandinavian-inflected globalist cuisine. *newsceniccafe.com*

Grab "beard-wrecker" duck wings at **Poplar Haus** before embarking on a canoe trip. *poplarhaus.com*

Scratch your smoked-fish itch at **Northern Waters Smokehaus** *(top left). northernwaterssmokehaus.com*

WHAT TO DO

Learn a new skill like willow basket weaving or moccasin beading at Grand Marais' **North House Folk School.** *northhouse.org*

Rent a canoe to paddle the area lakes at **Hungry Jack Outfitters.** *hjo.com*

Smoked Whitefish Salad

ACTIVE: 35 min **TOTAL:** 55 min
Serve this chunky salad from chef Judi Barsness on toasted crusty bread, on crackers or mounded over a bed of salad greens.

- **1 pound smoked whitefish *or* trout, deboned and flaked (about 4 cups)**
- **⅓ cup mayonnaise**
- **¼ cup diced red bell pepper**
- **¼ cup chopped scallions**
- **¼ cup chopped celery**
- **1½ tablespoons capers, rinsed**
- **1½ tablespoons chopped fresh dill, plus more for garnish**
- **1½ tablespoons chopped fresh parsley**
- **1 tablespoon Dijon mustard**
- **1½ teaspoons lemon zest, plus more for garnish**
- **1 tablespoon lemon juice**
- **⅛ teaspoon ground pepper**
- **Julienned radishes for garnish**

Combine fish, mayonnaise, bell pepper, scallions, celery, capers, dill, parsley, mustard, lemon zest, lemon juice and pepper in a medium bowl; mix well. Cover and refrigerate until chilled, about 20 minutes. Serve topped with radishes and more dill and lemon zest, if desired.
MAKES: 4 cups (3-Tbsp. serving)
Cal 52 **Fat** 3g (sat 0g) **Chol** 9mg **Carbs** 0g **Total sugars** 0g (added 0g) **Protein** 5g **Fiber** 0g **Sodium** 281mg **Potassium** 112mg.

STYLING: JUDY KIM (FOOD); MEGAN HEDGPETH (PROPS)

Summerberry Pie

ACTIVE: 20 min **TOTAL:** 4 hrs
TO MAKE AHEAD: Refrigerate dough (Step 1) for up to 2 days.
EQUIPMENT: Parchment paper, 9-inch pie pan (not deep-dish)

Highway 61 is the state's unofficial pie trail, and a stop for a slice is a must on a road trip. This recipe is adapted from Rustic Inn Café in Two Harbors.

- ¾ cup all-purpose flour
- ¾ cup whole-wheat pastry flour
- 1 tablespoon granulated sugar plus ⅔ cup, divided
- ¾ teaspoon salt plus ⅛ teaspoon, divided
- 2 tablespoons cold lard *or* vegetable shortening
- 6 tablespoons canola oil, divided
- 2-4 tablespoons ice water
- ¾ teaspoon distilled white vinegar
- 1½ cups fresh blackberries
- 1½ cups fresh blueberries
- 1½ cups fresh raspberries
- 1½ cups quartered fresh strawberries
- 6 tablespoons cornstarch
- 1 teaspoon lime juice
- ⅓ cup rolled oats
- 3 tablespoons packed light brown sugar

1. Whisk all-purpose flour, pastry flour, 1 tablespoon sugar and ¾ teaspoon salt in a medium bowl. Crumble lard (or shortening) into the bowl and toss to coat. Add 3 tablespoons oil, 2 tablespoons water and vinegar; stir to evenly moisten the dough. Add more water, 1 tablespoon at a time, if necessary. Shape the dough into a 4-inch disk. Wrap in plastic and refrigerate for at least 1 hour or for up to 1 day.

2. Mix blackberries, blueberries, raspberries, strawberries, cornstarch and lime juice in a medium bowl with the remaining ⅔ cup sugar and ⅛ teaspoon salt. Let stand, stirring occasionally, for 15 minutes.

3. Position racks in middle and lower third of oven; preheat to 425°F. Place a rimmed baking sheet on the lower rack (to catch any drips).

4. Roll the dough between two pieces of floured parchment into an 11-inch circle. Peel off the top piece of parchment and carefully invert the dough into a 9-inch pie pan (not deep-dish). Peel off the remaining parchment. Patch any rips in the dough. Trim and crimp the edges.

5. Fill the crust with the berry mixture. Mix oats, brown sugar and the remaining 3 tablespoons oil in a medium bowl. Sprinkle over the berries.

6. Bake the pie for 20 minutes. Reduce oven temperature to 350°F. Continue baking until the filling is bubbling, 50 to 60 minutes more. Let cool completely before serving, about 1¼ hours.

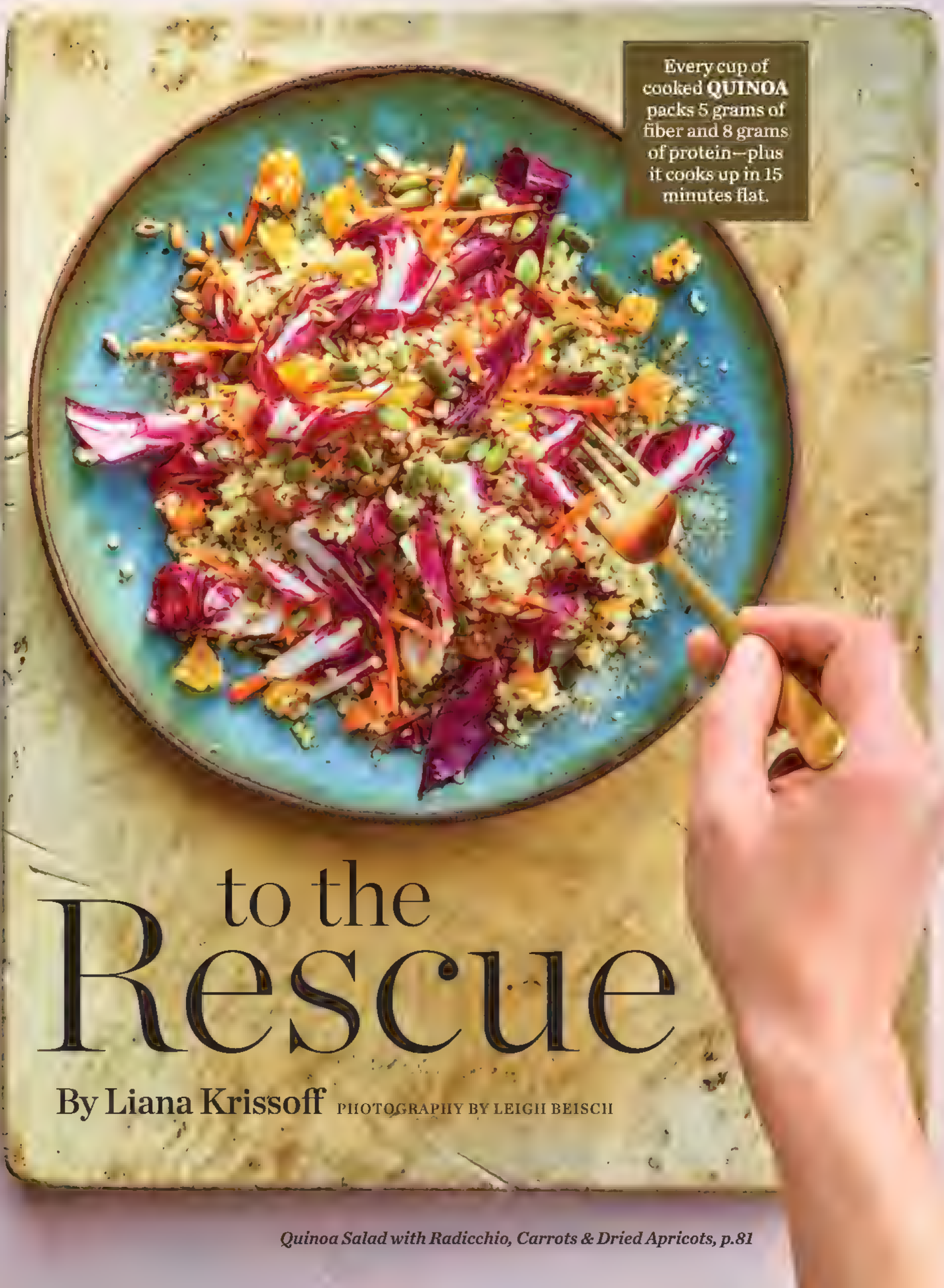
SERVES 10: 1 slice each
Cal 307 **Fat** 12g (sat 2g) **Chol** 2mg **Carbs** 49g **Total sugars** 24g (added 19g) **Protein** 3g **Fiber** 5g **Sodium** 206mg **Potassium** 145mg.

Whole Grains

Not sure what to make? Whether for a one-dish dinner or an easy seasonal side, these grain salads are your go-to solution.

LONG-GRAIN RICE like brown jasmine works beautifully in salads because its grains stay fluffy and separate after cooking.

Vietnamese-Flavored Brown Rice & Steak Salad, p.83



Every cup of cooked **QUINOA** packs 5 grams of fiber and 8 grams of protein—plus it cooks up in 15 minutes flat.

to the Rescue

By Liana Krissoff PHOTOGRAPHY BY LEIGH BEISCH

Quinoa Salad with Radicchio, Carrots & Dried Apricots, p.81

We love **FREEKEH**'s toasty, nutty flavor. Bonus: it's an excellent source of manganese, which supports your body's metabolic functions.

Whole-Wheat Orzo & Tuna Salad with Broccoli

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Refrigerate for up to 1 day.
This pasta- and tuna-salad mashup gets a boost of color and texture from broccoli. Plenty of Kalamata olives add a briny bite. Be sure to monitor the pasta-cooking carefully, as orzo can go from al dente to mush in a minute. If in doubt, drain it a little early—it'll soften further in the lemon dressing.

- 2 cups whole-wheat orzo
- Zest & juice of 1 large lemon
- ¼ cup extra-virgin olive oil
- ½ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 4 cups finely chopped broccoli (14 ounces)
- 2 5-ounce cans tuna in olive oil, drained and flaked
- 1 cup sliced pitted Kalamata olives
- 1 tablespoon chopped fresh oregano

1. Bring a large saucepan of water to a boil over high heat. Add orzo and cook, stirring occasionally, until just al dente, 5 to 7 minutes. Drain and rinse under cold water until cool.
2. Meanwhile, whisk lemon zest and juice, oil, pepper and salt in a large bowl.
3. Add the orzo, broccoli, tuna, olives and oregano to the dressing; stir to combine.
SERVES 8: 1 cup each
Cal 345 **Fat** 16g (sat 2g) **Chol** 6mg **Carbs** 34g **Total sugars** 1g (added 0g) **Protein** 17g **Fiber** 8g **Sodium** 505mg **Potassium** 249mg.

Freekeh Tabbouleh with Kale & Cannellini Beans

ACTIVE: 35 min **TOTAL:** 50 min
TO MAKE AHEAD: Refrigerate for up to 1 day.
Think of this as tabbouleh with staying power, thanks to the addition of protein-rich white beans. It also gains more complexity with freekeh in place of bulgur. Made from young green wheat that's been roasted and cracked, this whole grain has a toasty, nutty flavor. You can substitute regular bulgur if you'd like.

- 1 cup cracked freekeh
- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1¼ teaspoons kosher salt
- 3 plum tomatoes, diced
- 1 15-ounce can no-salt-added cannellini beans, rinsed
- 3 cups finely chopped curly kale
- 1 cup finely chopped fresh parsley

1. Cook freekeh according to package directions. Spread in an even layer on a large rimmed baking sheet and let cool completely, about 10 minutes.
2. Whisk lemon juice, oil and salt in a large bowl. Add tomatoes, beans, kale, parsley and the cooled freekeh; stir to combine.
SERVES 8: 1 cup each
Cal 165 **Fat** 5g (sat 1g) **Chol** 0mg **Carbs** 25g **Total sugars** 2g (added 0g) **Protein** 6g **Fiber** 7g **Sodium** 323mg **Potassium** 226mg.

Quinoa Salad with Radicchio, Carrots & Dried Apricots

ACTIVE: 35 min **TOTAL:** 45 min
TO MAKE AHEAD: Refrigerate salad (Steps 1 & 3) for up to 1 day. Store toasted seeds airtight at room temperature for up to 3 days.
Bitter radicchio is a strong foil for sweet-tart apricots and maple vinaigrette in this go-with-anything salad. (Photo: page 79.)

- 3 cups water
- 1½ cups quinoa
- ⅓ cup pepitas
- ⅓ cup raw sunflower seeds
- 6 tablespoons red-wine vinegar
- ¼ cup extra-virgin olive oil
- 2 tablespoons pure maple syrup *or* honey
- 1¼ teaspoons kosher salt
- ½ teaspoon ground pepper
- ½ medium head radicchio, coarsely chopped
- 1 cup coarsely grated carrots
- ½ cup dried apricots, coarsely chopped

1. Combine water and quinoa in a medium saucepan; bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook until tender, about 15 minutes. Drain any remaining liquid and spread the quinoa on a rimmed baking sheet to cool completely, about 20 minutes.
2. Meanwhile, toast pepitas in a medium skillet over medium heat, stirring frequently, for 1 minute. Add sunflower seeds and cook, stirring frequently, until deep golden, about 4 minutes more. Transfer to a plate to cool.
3. Whisk vinegar, oil, maple syrup (or honey), salt and pepper in a large bowl. Add the cooled quinoa, radicchio, carrots and apricots; stir to combine.
4. Just before serving, top the salad with the pepitas and sunflower seeds.
SERVES 8: 1 cup each
Cal 286 **Fat** 14g (sat 2g) **Chol** 0mg **Carbs** 34g **Total sugars** 10g (added 3g) **Protein** 8g **Fiber** 4g **Sodium** 316mg **Potassium** 230mg.

Crunchy Farro Salad with Grilled Chicken

FARRO was one of the first grains to be domesticated and is popular in Italian cooking. Its chewy, firm texture holds its own alongside other ingredients in this salad.

STYLING EMILY CANFER (FOOD), GLENN JENKINS (PROPS)

Vietnamese-Flavored Brown Rice & Steak Salad

ACTIVE: 1 hr **TOTAL:** 2 hrs 20 min
TO MAKE AHEAD: Prepare through Step 5 and refrigerate salad for up to 1 day. Store toasted rice airtight at room temperature.
EQUIPMENT: Mortar & pestle or spice grinder
Toasting raw rice in hot oil—some of it may even pop like popcorn—adds texture to this steak-and-rice salad. (Photo: page 78.)

- 1½ cups brown jasmine rice plus 6 tablespoons, divided
- 10 dried small red chiles
- 1 tablespoon canola oil
- 1 pound New York strip steak, trimmed
- ½ teaspoon kosher salt
- 6 tablespoons lime juice
- 3 tablespoons fish sauce
- 4 plum tomatoes, halved lengthwise and thinly sliced
- 2 medium shallots, very thinly sliced
- 1 cup fresh basil leaves
- 1 cup fresh mint leaves

1. Put 1½ cups rice in a medium saucepan and cover with 2 inches water. Bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook until tender, about 25 minutes. Drain and rinse under cold water until cool.
2. Meanwhile, toast chiles in a medium skillet over medium-high heat, until fragrant and darkened in spots, 2 to 3 minutes. Transfer to a mortar or clean spice grinder and let cool, about 5 minutes. Coarsely grind the chiles.
3. Return the pan to medium-high heat. Add oil and the remaining 6 tablespoons rice. Cook, stirring constantly, until the rice is deeply toasted, about 3 minutes. Scrape onto a paper-towel-lined plate to drain and cool, then lightly crush in the mortar or with the bottom of a heavy pot. Wipe out the pan.
4. Season steak with salt. Return the pan to medium-high heat and add the steak. Cook, flipping once, until an instant-read thermometer registers 130°F for medium-rare, 4 to 5 minutes per side. Transfer the steak to a clean cutting board and let cool completely, about 25 minutes. Dice the steak.
5. Combine lime juice, fish sauce, tomatoes and shallots in a large bowl with the boiled rice, steak and a pinch of the ground chiles.
6. Just before serving, fold in basil and mint. Sprinkle with the toasted rice and more ground chile to taste.
SERVES 8: 1 cup each
Cal 317 **Fat** 7g (sat 1g) **Chol** 30mg **Carbs** 48g **Total sugars** 1g (added 0g) **Protein** 18g **Fiber** 8g **Sodium** 688mg **Potassium** 843mg.

Crunchy Farro Salad with Grilled Chicken

ACTIVE: 40 min **TOTAL:** 40 min
TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 1 day.
This dish is also great with wheat or rye berries instead of farro: skip the toasting step and cook in a pot of simmering water until tender, about 50 minutes. If your celery doesn't have any leaves on it, substitute fresh parsley instead.

- 1 cup farro
- 1½ cups water
- 1¼ pounds boneless, skinless chicken breast
- 1 tablespoon extra-virgin olive oil plus ¼ cup, divided
- 1¼ teaspoons kosher salt, divided
- 5 tablespoons white-wine vinegar
- 1 teaspoon crushed red pepper
- ½ teaspoon ground pepper
- 1 large red bell pepper, coarsely chopped
- 2 stalks celery, sliced, plus ½ cup packed celery leaves, coarsely chopped
- ⅓ cup thinly sliced red onion
- ½ cup sliced almonds, toasted

1. Preheat grill to medium-high.
2. Toast farro in a medium saucepan over medium-high heat, shaking the pan occasionally, until very fragrant, 3 to 4 minutes. Add water and bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook until tender, 15 to 17 minutes. Drain and rinse under cold water until cool.
3. Meanwhile, cut chicken in half or thirds horizontally so the pieces are no more than ½ inch thick. Brush with 1 tablespoon oil and season with ¼ teaspoon salt. Grill the chicken, flipping once, until an instant-read thermometer inserted in the thickest part registers 165°F, about 7 minutes total. Transfer the chicken to a clean cutting board and let cool for 5 minutes. Slice the chicken.
4. Whisk vinegar, crushed red pepper and ground pepper with the remaining ¼ cup oil and 1 teaspoon salt in a large bowl. Add bell pepper, celery, celery leaves, onion, the farro and the chicken; stir to combine.
5. Just before serving, sprinkle with almonds.
SERVES 6: 1 cup each
Cal 378 **Fat** 19g (sat 3g) **Chol** 52mg **Carbs** 28g **Total sugars** 3g (added 0g) **Protein** 25g **Fiber** 5g **Sodium** 462mg **Potassium** 352mg.

LIANA KRISSOFF *is the author of six cookbooks, including* Slow Cook Modern, Whole Grains for a New Generation *and* Vegetarian for a New Generation. *She lives in West Virginia.*

Just in it for the food

Recipes & Photography by Eric Wolfinger

Even if something is not your thing, we suggest [illegible] open fire. And if building a campfire sounds a little, well, sketchy, you can use a grill or charcoal or gas will too.

Eric Wolfinger serves his partner, Alma, a hunk of tomahawk rib-eye steak with chimichurri sauce (*recipes page 93*)

Grilled Salmon with Sweet Peppers, p.93

Johnnycakes with Fresh Corn

ACTIVE: 10 min **TOTAL:** 20 min

Corn muffin mix is a camping staple. You may not know exactly how you're gonna use it, but it doesn't take up much space and always seems to come in handy. Grate some corn into the batter (it's one of the sturdiest vegetables around for camping!) to make some incredibly tasty pancakes.

- **1 8-ounce package corn muffin mix, such as Jiffy**
- **½ cup low-fat milk**
- **1 large egg, lightly beaten**
- **2 ears corn, husks removed**
- **2 tablespoons coconut oil, divided**
- **Butter, pure maple syrup & flaky salt for serving**

1. Preheat a gas grill to medium-high, build a fire in a charcoal grill or build a campfire *(see page 106)* and let it burn down to medium-high heat (about 450°F).
2. Whisk muffin mix, milk and egg in a large bowl. Using the large holes of a box grater, grate corn kernels into the batter. Stir to combine.
3. Heat a large cast-iron skillet on the grill for 2 minutes. Add 1 tablespoon oil to the pan. Using about ¼ cup for each pancake, scoop the batter into the pan, cooking 2 cakes per batch. Cook until the cakes are brown, 1 to 3 minutes per side. Repeat with the remaining batter, adding 1 tablespoon of the remaining oil after the second batch. Serve hot with butter, maple syrup and flaky salt, if desired.
SERVES 4: 2 cakes each
Cal 336 **Fat** 11g (sat 6g) **Chol** 48mg **Carbs** 53g **Total sugars** 14g (added 10g) **Protein** 8g **Fiber** 1g **Sodium** 423mg **Potassium** 265mg.

Brioche French Toast with Griddled Apples

ACTIVE: 35 min **TOTAL:** 35 min

You're about to go on a really long hike or canoe trip so you deserve this deluxe breakfast. The recipe calls for cooking the bread and the apples over high heat in coconut oil—a fat with a high smoke point that adds its own delicious flavor—for a nicely caramelized crust.

- **2 large eggs**
- **¾ cup half-and-half**
- **½ teaspoon vanilla extract**
- **Pinch of kosher salt**
- **4 slices brioche or challah (1 inch thick)**
- **3 tablespoons coconut oil, divided**
- **2 medium apples, cut into ¼-inch-thick slices**
- **Butter, pure maple syrup & flaky salt for serving**

1. Preheat a gas grill to high, build a fire in a charcoal grill or build a campfire *(see page 106)* and let it burn down to high heat (about 500°F).
2. Beat eggs, half-and-half, vanilla and salt in a shallow dish until thoroughly combined.
3. Place a large cast-iron skillet on the grill. While it heats, dip 2 slices of bread in the egg mixture and soak for 30 seconds per side. Add 1 tablespoon coconut oil to the pan and heat until melted and beginning to shimmer. Carefully add the soaked bread and cook until golden brown, 1 to 2 minutes per side. Transfer to a plate and cover with foil to keep warm. Repeat with the remaining 2 slices and 1 tablespoon oil.
4. Add the remaining 1 tablespoon oil and apples to the pan. Cook, stirring occasionally, until the apples are light golden brown, about 8 minutes.
5. Serve the French toast with the apples, butter, syrup and flaky salt, if desired.
SERVES 4: 1 slice French toast & ⅓ cup apples each
Cal 358 **Fat** 19g (sat 12g) **Chol** 113mg **Carbs** 37g **Total sugars** 14g (added 0g) **Protein** 9g **Fiber** 2g **Sodium** 319mg **Potassium** 192mg.

Camp Cuisine Cheat Sheet

Leave that dehydrated food for someone else. Here's how to pull off a campfire feast that's as good as a meal from your home kitchen.

By Devon O'Brien

SHOPPING LIST

Planning to make all of these recipes on your trip? Here's what you'll need.

- one 8-oz. package corn muffin mix, such as Jiffy
- 1 pint low-fat milk
- 1 pint half-and-half
- ½ dozen large eggs
- 5 ears corn
- 1 stick unsalted butter
- 1 loaf brioche or challah
- 2 medium apples
- 4 ripe peaches
- one 8-oz. tub mascarpone
- 3 medium red onions
- 1 lemon
- 1 loaf crusty sourdough bread
- 1 lb. tomatoes plus 4 medium tomatoes
- 1 head garlic
- 1 bunch fresh basil
- 4 slices serrano ham or prosciutto
- 1 bone-in "tomahawk" rib-eye steak (about 3 lb.)
- 1¼ lb. skin-on salmon fillet
- 1 lb. sweet mini bell peppers
- 1 bunch fresh parsley

Check your pantry for these staples.

- Coconut oil
- Pure maple syrup
- Flaky sea salt
- Kosher salt
- Ground pepper
- Vanilla extract
- Honey
- Red-wine vinegar
- Extra-virgin olive oil
- Dried oregano
- Cinnamon sticks
- Piloncillo or brown sugar
- Coarsely ground coffee
- Crushed red pepper

PACK A PERFECT COOLER

Because no one likes waterlogged food.

1. Start with a layer of ice or ice packs on the bottom of the cooler (you can add more ice as you add items). If your cooler will accommodate it, place a wire rack on top of the ice to keep foods out of any water that collects from melting ice.
2. Put raw meat and seafood (store them airtight) on the rack. Then if any juices escape they won't drip on and contaminate the rest of your goods.
3. Next, add the most perishable foods (like dairy) and things you plan to use later in your trip. The bottom of your cooler tends to be the coolest, plus it will make it easier to access the items you will be using first.
4. Add more cooling racks as needed to create layers to your cooler. You can even use them to organize your ingredients by recipe or day to make it easier to find things.
5. Leave out things like apples, peaches and tomatoes, which can hang out in a separate bag.
6. If you have two coolers, use one for food and the other for drinks. The latter will likely be opened more frequently, so you can preserve the cold air in your food cooler.

GEAR UP

Stash these items into a large plastic tote so they're all in one place.

- Whisk
- Measuring cups
- Measuring spoons
- Nesting mixing bowls
- Large cast-iron skillet
- Medium or large cooking pot
- Box grater
- Plates, cups, bowls, flatware
- Shallow dish
- Chef's knife and paring knife with covers or cases
- Rubber spatula
- Metal spatula
- Metal tongs
- Large and small cutting board
- Hot pads
- Sponge and biodegradable dish soap
- 2 plastic wash basins; beach towel or dish towels *(see "Clean as You Go," opposite)*
- Reusable food containers for saving leftovers
- Trash, recycling and compost bags
- Heavy-duty foil
- Paper towels

#vanlife: Eric Wolfinger and partner Alma are fearless about camping with their 1-year-old son Mauricio as long as they do it from the comfort of their 1992 Dodge Roadtrek, which they found on Craigslist and lovingly restored over several years. Seen here in southern Oregon.

PREP FOR SUCCESS

Take care of these tasks at home to save yourself stress and mess at your campsite.

Johnnycakes with Fresh Corn (p. 87): Mix the milk, egg and grated corn in a lidded container large enough to accommodate the cornbread mix, then add the mix the morning you make the cakes. While it's tempting to add the mix at home, doing so will jump-start its leaveners, rendering them inactive by the time you cook, for less-than-fluffy results.

Brioche French Toast with Griddled Apples (p. 87): Mix up the custard in a medium container with a lid and pack it in your cooler. Give it a quick stir before dipping your bread.

Panzanella with Tomatoes & Grilled Corn (p. 90): You're all set for bread *(see Pan con Tomate)*. Combine the dressing ingredients in a small jar. Dice up the tomatoes before you go too.

Pan con Tomate (Grilled Bread with Tomato; p. 91): Precut bread means one less thing to worry about in the wilderness. P.S. The French toast *(p.87)* uses 1-inch-thick slices too.

Grilled Peaches with Honey Mascarpone (p. 91): Whisk up the topping at home and package it in a jar or other lidded container. Stir or shake to recombine, if needed, before drizzling over the grilled peaches.

Café Vaquero (p. 92): If you buy whole-bean coffee, don't forget to grind it before you go! Prep the piloncillo (if using), too—this solid sugar needs to be grated first.

Grilled Salmon with Sweet Peppers (p. 93): Cut the onions and portion your salmon before packing them.

Chimichurri Sauce (p. 93): This sauce will just get tastier as it rests, so make it ahead and stash it in a jar.

CAMP CHEF SECRETS

Tips to make cooking without a stove and sink easier.

Chopping Order
Prep all of your produce before moving on to raw meat or seafood. You'll save yourself a midcooking dishwashing session of your knives and cutting board that way.

Clean as You Go
Set up an assembly line to get the dishes done right after each meal. Set two wash bins on your picnic table—one filled with hot soapy water for washing and the other with hot water for rinsing—then lay a beach towel over one end of the table for drying.

Too Hot to Handle
Keep a set of hot pads handy (but not too close to the fire!) while cooking. The handles on your pots and pans will get too hot to touch when cooking over fiery coals.

Turn Up the Heat
Just like your grill has hot and cool spots, so will your coals. You may need to rotate the food (or your pan) around the grill grate often for even cooking. Stirring and spreading the coals or fanning them a bit helps too when the ones on top start to cool.

Keep a Watchful Eye
Unlike cooking at home, we don't advise setting a timer and just walking away. Campfire cooking requires plenty of supervision.

Smoke Control
It may seem like overkill, but if you're going to stand near the fire cooking for a while, put on some sort of eye protection. Even a pair of shades will reduce the amount of smoke in your eyes.

Go for Nonstick
If you're cooking food directly on grill grates, oil the grill rack. It's the key to ensuring your food doesn't stick. Saturate a folded paper towel with oil. Hold the paper towel with tongs and rub it across the grill grates until they have a nice sheen.

Panzanella with Tomatoes & Grilled Corn

ACTIVE: 30 min **TOTAL:** 30 min

Grilled corn adds a note of sweetness to this tangy bread salad.

- **1 cup thinly sliced red onion**
- **3 tablespoons red-wine vinegar**
- **2 tablespoons lemon juice**
- **3 ears corn, husks removed**
- **8 ounces crusty sourdough bread, cut into 1-inch-thick slices**
- **8 tablespoons extra-virgin olive oil, divided**
- **1 pound tomatoes, cut into 1-inch pieces**
- **1 cup torn fresh basil leaves**
- **2 cloves garlic, minced**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground pepper**

1. Preheat a gas grill to medium, build a fire in a charcoal grill or build a campfire *(see page 106)* and let it burn down to medium heat (about 400°F).

2. Combine onion, vinegar and lemon juice in a large bowl. Set aside, stirring occasionally.

3. Meanwhile, grill corn, turning occasionally, until tender and slightly charred, 8 to 10 minutes. Let cool slightly, then cut the kernels from the cobs and add to the bowl with the onion.

4. Brush or drizzle both sides of bread with 2 tablespoons oil. Grill the bread, turning once halfway, until both sides are well toasted, 1 to 3 minutes per side.

5. Tear or cut the toasted bread into 1-inch cubes and add to the bowl. Add the remaining 6 tablespoons oil, tomatoes, basil, garlic, salt and pepper; stir to combine. Serve immediately.

SERVES 6: about 1⅔ cups each

Cal 251 **Fat** 15g (sat 2g) **Chol** 0mg **Carbs** 25g **Total sugars** 5g (added 0g) **Protein** 5g **Fiber** 2g **Sodium** 299mg **Potassium** 255mg.

IT'S IN THE CAN

The 2017 **Onward Pét Nat Metodo Martinotti** is made from the malvasia bianca grape. This sparkler's yeasty notes will even appeal to the beer lovers in your camping crew. (375mL, $48 for 4)

Buttery-chardonnay fans will want to ice down **Alloy Wine Works Chardonnay,** which has undertones of pie crust and pears drizzled with honey. (375mL, $8)

The widely available **Union Wine Co. Underwood Rosé** has hints of strawberry flavor. (375mL, $28 for 4)

Dry and fruity with a touch of spritz, **Scarpetta *Frico* Lambrusco** is best served chilled, making it an appealing choice for a summertime red. Pair with s'mores. (250mL, $12 for 4)

Pan con Tomate (Grilled Bread with Tomato)

ACTIVE: 20 min **TOTAL:** 20 min

For the campfire version of this Spanish classic, grill the bread so it develops a hard outer crust that acts almost like a cheese grater when you scrape the tomato across its surface.

- **4 slices crusty sourdough bread (about 1 inch thick)**
- **4 tablespoons extra-virgin olive oil, divided**
- **1 clove garlic, peeled and halved**
- **4 medium tomatoes, halved**
- **4 slices serrano ham *or* prosciutto**
- **Ground pepper for serving**

1. Preheat a gas grill to medium, build a fire in a charcoal grill or build a campfire *(see page 106)* and let it burn down to medium heat (about 400°F).

2. Brush or drizzle both sides of bread with 2 tablespoons oil. Grill the bread, flipping occasionally, until both sides are well toasted, 2 to 6 minutes total.

3. Rub one side of each piece of toast with garlic, then rub each piece with two tomato halves, squeezing so all the juice and pulp is released into the toast. (You should be left with just the skin.) Drape the toasts with serrano ham (or prosciutto), drizzle with the remaining 2 tablespoons oil and sprinkle with pepper, if desired.

SERVES 4: 1 toast each
Cal 279 **Fat** 16g (sat 3g) **Chol** 10mg **Carbs** 25g **Total sugars** 3g (added 0g) **Protein** 9g **Fiber** 2g **Sodium** 504mg **Potassium** 190mg.

Grilled Peaches with Honey Mascarpone

ACTIVE: 20 min **TOTAL:** 20 min

Because you don't need the recipe for s'mores. But you could totally crumble some graham crackers on top for some crunch.

- **4 ripe peaches, halved and pitted**
- **2 teaspoons coconut oil**
- **¾ cup mascarpone**
- **2 tablespoons half-and-half**
- **2 teaspoons honey**
- **Torn fresh mint leaves for garnish**

1. Preheat a gas grill to medium-high, build a fire in a charcoal grill or build a campfire *(see page 106)* and let it burn down to medium-high heat (about 450°F).

2. Oil the grill rack *(see Tip, page 89)*. Rub cut side of peaches with oil and place on the grill, cut-side down. Cook, rotating often, until well browned, 3 to 6 minutes. Transfer to a serving dish.

3. Whisk mascarpone, half-and-half and honey in a small bowl until well combined. Serve the peaches with the mascarpone mixture and garnished with mint, if desired.

SERVES 4: 2 peach halves & 3 Tbsp. topping each
Cal 279 **Fat** 21g (sat 14g) **Chol** 55mg **Carbs** 21g **Total sugars** 17g (added 3g) **Protein** 3g **Fiber** 2g **Sodium** 20mg **Potassium** 402mg.

Campfire Coffee

After sleeping on the ground, nothing tastes better than a hot cup. Here's what to pack to make your morning joe outdoors. ***By Julia Westbrook***

Starbucks Its Via Instant coffees are just as tasty as what you'd get from your barista. (5 packets, $8; *athome.starbucks.com*)

Swift Cup These guys partner with specialty roasters to make their high-quality instant cup. (Starting at 6 packets for $14; *swiftcupcoffee.com*)

Kuju If pour-over java is your jam, this one's for you. Each pouch comes with a filter that anchors over the sides of your mug and is prefilled with ethically sourced grounds. And 1% of all sales are donated to national parks. (10-pack, $22; *kujucoffee.com*)

AeroPress The über portable Go Travel Coffee Press telescopes neatly into its own mug. ($32; *aeropress.com*)

Coleman The QuikPot is a propane-powered, full-size drip brewer. The 10-cup carafe is perfect for roughing it with your entire crew. ($130; *coleman.com*)

GSI Outdoors For an old-school approach, try the Stainless Coffee Percolator *(right)*, which comes in 8-, 14-, 28- and 36-cup sizes. ($50 & up; *gsioutdoors.com*)

Café Vaquero

Combine 3 cups **water,** 2 **cinnamon sticks** and 2-4 Tbsp. grated **piloncillo** *(a dark, cone-shaped block sugar, found at most Latin markets)* or **brown sugar** in a pot. Boil for 5 minutes over the fire. Let cool for about 2 minutes (if you have a thermometer, it should register about 200°F). Stir in 6 Tbsp. **coarsely ground coffee** and let steep for 2 minutes. Stir the grounds back into the coffee and then let stand until they settle to the bottom, about 4 minutes more. Pour the coffee gently off the top to serve.

Tomahawk Cowboy Steak

ACTIVE: 45 min **TOTAL:** 1¼ hrs

A two-zone fire lets you start the meat over direct heat and finish it on the unlit side for less flipping and fewer flare-ups. Pack a meat thermometer for perfect results. (Photo: page 103.)

- **1 bone-in "tomahawk" rib-eye steak (about 3 pounds)**
- **2 teaspoons kosher salt, divided**

1. Preheat a gas grill to medium-high or build a two-zone fire in a charcoal grill or build a campfire and let it burn down to medium-high heat (about 450°F). Let steak sit at room temperature for 30 minutes before cooking.
2. Oil the grill rack *(see Tip, page 89)*. Season the steak with 1 teaspoon salt. If using a gas grill, turn off one burner. Place the steak over the lit side of the grill and cook until browned, about 3 minutes per side. Move the steak to the unlit side and cook, flipping and rotating occasionally, until an instant-read thermometer inserted in the thickest part reads 130°F for medium-rare, 25 to 30 minutes. Let rest for 5 minutes, then cut the steak off the bone and slice. Serve sprinkled with the remaining 1 teaspoon salt.
SERVES 10: 3 oz. steak each
Cal 154 **Fat** 5g (sat 2g) **Chol** 81mg **Carbs** 0g **Total sugars** 0g (added 0g) **Protein** 25g **Fiber** 0g **Sodium** 437mg **Potassium** 332mg.

Grilled Salmon with Sweet Peppers

ACTIVE: 40 min **TOTAL:** 40 min

It may seem counterintuitive to start the fish skin-side up. But when you flip it, the fish skin captures the juices as it finishes cooking for extra-flavorful results. Serve with Chimichurri Sauce (photo: page 86).

- **1¼ pounds skin-on salmon fillet, cut into 4 portions**
- **1 tablespoon extra-virgin olive oil**
- **½ teaspoon kosher salt, divided**
- **1 pound sweet mini bell peppers**
- **2 medium red onions, quartered**

1. Preheat a gas grill to high, build a fire in a charcoal grill or build a campfire *(see page 106)* and let it burn down to high heat (about 500°F).
2. Brush or drizzle salmon with oil and sprinkle with ¼ teaspoon salt. Sprinkle peppers and onions with the remaining ¼ teaspoon salt.
3. Oil the grill rack *(see Tip, page 89)*. Place the salmon, skin-side up, on the grill, along with the peppers and onions. Grill the salmon until browned, 3 to 4 minutes. Using a metal spatula, gently nudge one of the pieces: it should release from the grill without much force, but if it feels stuck, continue cooking for another minute. When the salmon releases easily, flip and continue cooking until browned and the flesh is opaque, about 3 minutes more. Cook the peppers and onions, turning frequently, until tender and well browned, 8 to 10 minutes total.
4. Serve the salmon with the vegetables.
SERVES 4: 4 oz. salmon & 1½ cups vegetables each
Cal 256 **Fat** 9g (sat 2g) **Chol** 66mg **Carbs** 12g **Total sugars** 7g (added 0g) **Protein** 30g **Fiber** 3g **Sodium** 317mg **Potassium** 842mg.

Chimichurri Sauce

ACTIVE: 10 min **TOTAL:** 10 min

Pair this easy sauce with the tomahawk steak, the grilled salmon or whatever other savory delights you're cooking up.

Stir 1 cup finely chopped fresh **parsley leaves,** ½ cup **extra-virgin olive oil,** 2 Tbsp. **red-wine vinegar,** 3 minced **garlic** cloves, 1 tsp. each **dried oregano** and **crushed red pepper,** ½ tsp. **kosher salt** and ¼ tsp. **ground pepper** in a small bowl. Refrigerate for up to 1 day.
SERVES 8: 2 Tbsp. each • **Cal** 132.

ERIC WOLFINGER *came to photography through the kitchen door of Tartine Bakery where he was a bread baker and later the photographer for* Tartine Bread. *He lives, works and goes van camping out of San Francisco.*

THE FUTURE OF FOOD

Cultivating Better Health

Just as you have a microbiome, the soil beneath your feet has one too. And promising new research suggests it may have a surprising influence on food and human wellness.

BY MICHAEL BEHAR

It's late December in Boulder, Colorado, and I'm on the University of Colorado campus walking toward the Cooperative Institute for Research in Environmental Sciences (CIRES) lab. The native flora here is dormant, in a deep winter slumber, rendering the landscape in monochromatic tans. Almost nothing is growing outdoors.

That's not so inside CIRES, where billions of microorganisms are thriving. At the lab, Noah Fierer, Ph.D., a professor of ecology and evolutionary biology, introduces me to two graduate students who are hunched over workbenches, using pipettes to transfer batches of live bacteria from glass vials into a machine that will sequence their microbial DNA. In a nearby walk-in cooler, petri dishes are stacked on wire shelves—bacteria being cultivated for ongoing studies—along with a 12-pack of craft beer chilling on the floor. "You're not supposed to see that," Fierer quips.

As a preeminent soil scientist, Fierer is cited in scholarly journals perhaps more than any other researcher in the field. His efforts are focused on organisms that reside in the so-called rhizosphere, the topmost soil layer where plant roots interact with microscopic organisms, among them viruses, bacteria, fungi, protozoa and algae. It's a motley community, collectively termed the "soil microbiome," and it functions as the lifeblood of plants—promoting germination, stimulating roots, accelerating growth and bolstering resistance to disease.

Experts believe that these soil microbes could also have a big impact on the nutritional content of our food. Moreover, the plants we eat and the dirt we come in contact with may also directly fortify our own gut microbiomes. The discovery of this link between soil health and human health has commanded the attention of everyone from big food companies and farmers to scientists and environmental organizations—and has sparked a research boom that may soon tell us whether soil microbes are as important to our

Illustrations by Helen Musselwhite

More Nutritious Food Starts with What's in the Soil

nitrogen-fixing

rhizobia

Fungi in the soil help plant roots tap into nutrients, such as phosphorus and zinc, among others. Plants require these minerals to generate chlorophyll, essential for photosynthesis, which produces glucose. Some of that glucose gets secreted back into the soil where it feeds the fungi.

When soil has fewer microbes, this natural symbiosis can be disrupted, **leaving plants nutrient-deficient** and subsequently less nourishing to the humans who eat them.

The Microbiome Crossover

There are billions of microbes populating the soil, and thousands of them find their way onto and into the plants we eat.

A breeze that whips dirt into the air can deposit microbes onto plants' leaves. When a plant is harvested, soil clings to its roots, chauffeuring microbes along for the ride. Microbes also ferry themselves *into* plants through conduits called aqueous channels—tiny strawlike structures that plants use to extract water and nutrients from the soil. And microbes can enter plants through stomata, which are pores on the leaves used for taking in carbon dioxide.

Scientists still are trying to figure out which soil microbes directly benefit the human gut microbiome when we ingest them, and which ones prompt a secondary biological reaction that helps fight diseases. But contact with soil microbes has been linked to lower incidences of asthma, eczema, chronic inflammatory disorders and allergies. Meanwhile, studies show that eating plants alters the human gut microbiome, stimulating antidepressive effects, alleviating stress and boosting our immune response to illness.

The Human Microbiome Project, funded by the National Institutes of Health, has turned up evidence that our intestinal microbes—which can be altered by the food we eat—play a role in weight gain, sleep, Crohn's disease and diabetes. It also revealed that the DNA from microbes living in our guts may be more significant to human health than our own genes.

The next step for scientists is to figure out how soil microbes interact with our microbiome to protect us from illness.

longevity as daily exercise and a restful night's sleep.

It's Not Just Dirt

The rhizosphere is habitat to a complex ecosystem that scientists call the "brown food web." At its foundation is the soil microbiome, which is involved in numerous processes that promote and sustain plant growth. Some microbes, for instance, act like stomachs, digesting and decomposing organic matter into nutrients that nourish plants. Another action involves mycorrhizae, silk-like fungi that form vast spindly webs that can span several miles underground. These filaments are like the internet of the soil microbiome—facilitating communication between plants. Experiments have demonstrated that when predators, such as aphids, attack a plant, it can warn its neighbors—signaling them through the mycorrhizal network—that a threat is imminent. The other plants will then engage their natural defenses, often a chemical produced in the leaves, to help repel the invaders.

Soil bacteria and fungi also work in tandem to make minerals in the ground water-soluble. "And if they're soluble, a plant can suck them up with its roots," explains David Montgomery, Ph.D., a professor of earth and space sciences at the University of Washington in Seattle, and co-author of *The Hidden Half of Nature,* about the soil microbiome. Microbes also enable plants to produce antioxidants. "Other bacteria and fungi partner together to pry things like phosphorus out of the soil and transport them into the fungal hyphae," adds Montgomery. Fungal hyphae form a network of web-like filaments (made of mycorrhizae) that perform a synergistic dance with a plant's roots. As the plant naturally secretes sugars into the soil during photosynthesis—sugars that help nourish the hyphae—the hyphae respond by providing the plant with nitrogen, phosphorus and various other micronutrients, such as copper, zinc, magnesium, potassium and iron. It's an equitable trade because plants—like people—need these minerals to exist.

A damaged soil microbiome, however, can disrupt this process, lowering the concentration of these nutrients in our food and, subsequently, in our diet. And a lot of farmland today has indeed been degraded. Montgomery tells me about studies that have tracked a rapid decline in the mineral content of fruits, vegetables and grains over the past 50 years. One survey reported that zinc in vegetables had plunged 59%, magnesium fell 26% and iron tumbled 83%. A similar analysis, published in the *Journal of the American College of Nutrition*, examined 43 different crops, comparing present nutrient levels to those recorded in 1950 by the U.S. Department of Agriculture (the USDA has been collecting this data since 1892) and found that protein, calcium, iron, phosphorus and vitamins B_2 (aka riboflavin) and C had all dropped markedly. "Mineral deficiency is estimated to afflict more than a third of humanity, causing health problems in both developed and developing countries," he says. "Mineral elements are essential for hundreds of critical enzyme reactions, and inadequate levels have been implicated in a wide range of maladies." These include cardiovascular disease, neurological disorders, anemia, increased risk of infection and depression.

There is disagreement among scientists about whether an ailing soil microbiome is partly or wholly responsible for the nutrient decline. (One explanation is that plant breeds are typically selected for productivity or pest resistance rather than nutritional density.) But there is little debate that conventional farming of higher-yield crops—that is, more plants per acre—depletes nutrients from the soil and saps it of microbes. Use of chemical fertilizers, pesticides, herbicides and fungicides, as well as antibiotics given to animals that then get excreted into the soil, can kill soil microorganisms, making it harder for plants to extract minerals from it. And monoculture (cultivating the same crop year after year) damages the soil microbiome too. Repeatedly growing corn, for example, sucks up more nitrogen and phosphorus than other crops, eventually starving soil microbes of nutrients they need to proliferate.

The Race to Decode Soil's Secrets

While scientists believe that promoting healthy soil bugs could have a profoundly positive impact on human health, the problem is figuring out which microbes are intrinsic to our well-being and how to help them thrive. The diversity—and how relatively little is known about them—is mind-boggling. As Fierer explains while directing me down a staircase to the CIRES basement, a soil sample from wild grasslands in Kansas could contain more than 20,000 distinct species of microorganisms. A second specimen taken from the same site a mere centimeter away could harbor an entirely different population of microbes, also numbering in the tens of thousands. The sheer biomass of microbes within a single acre of healthy soil weighs more than 2.7 tons, equivalent to a large SUV. Fathoming the soil microbiome is like trying to chart every star in our galaxy—billions and billions. "We know they're there," Fierer says. "We just don't know what most of them do and how they interact with each other."

In the CIRES basement, we enter a mostly empty 800-square-foot lab where Fierer and graduate student Corrine Walsh are conducting an experiment on soil microbes favorable to wheat. What resembles a large white refrigerator sits in the center of the space. It is an environmental growth chamber for cultivating plants, illuminated with blinding-white LEDs. Fierer swings open its heavy door and a waft of humid, musty air escapes. He slides out a clear bin containing 12 square plastic plates lined with seed germination paper. On each sheet are eight wheat seeds in various stages of growth. Some are a couple of inches tall, with sprouts and roots clambering along the paper's surface. Others appear stunted. And a few haven't germinated at all.

Walsh, who is leading the experiment, collected soil samples from 220 different sites around the U.S. "About half were from farms," Fierer says, "and half were from unmanaged, natural systems, mainly forests and grasslands." Walsh mixed each sample with water, concocting a slurry to douse onto individual wheat seeds. Later, she'll use a gene sequencer to analyze the slurries applied to the seeds that sprouted the heartiest roots and shoots. "We'll look to see if there are particular species of microbes that can explain why some wheat seeds grew better than others," says Fierer, who plans to publish the results with Walsh later this year.

Their study is a step toward understanding which soil microbes influence plant growth and, in turn, how those organisms might affect another aspect of human health—the gut microbiome.

Boost Your Garden's Microbiome

Increase the abundance of microorganisms with these practices and make everything you grow more robust and nutritious

Set up a permanent bed and use the same soil each season. And add only natural fertilizers (worm castings or manure) to maintain the soil's overall integrity, while creating a stable habitat in which microbes can flourish.

Harvest plants gently to keep the soil intact.

plant your plate

Plant cover crops. They help safeguard the soil microbiome during the winter, and the plants will decompose, creating natural compost in the spring. Try planting buckwheat, rye, clover or hairy vetch. There are also seed-mix combo bags available from home-and-garden retailers, some containing more than a dozen cover-crop varieties.

Apply compost. It helps return carbon, nitrogen and mineral nutrients to the soil microbiome and aerates the ground. What's more, composting saturates the soil with organic material, which microbes "digest" into the nutrients that nurture plants.

Never till. It disrupts the community of microbes by essentially destroying its food source—the roots of vegetables and other plants in the garden. (Turning a small amount of soil to add new plants is fine. It won't disrupt the soil as deep down and broadly as tilling the whole garden would.)

Diversify! Cultivating a garden with different vegetables, herbs and fruits—any combo of plants will do—bolsters the type and variety of microbes in the soil, making it healthier. The wide range prevents a single plant from hoarding too much of any one nutrient and creating an imbalance that can harm the microbiome.

Benefits for Mood & Immunity

Dirt is where soil microbes live. But they're also peripatetic, hitching themselves to leaves, infiltrating root systems, entering through stomata (pores that let plants breathe carbon dioxide) and aqueous channels, which transport water and nutrients from the soil into the plants. Inside and out, plants are steeped in microbes, which we ingest whenever we munch on foods like broccoli, berries or lentils. "A single spinach leaf has over 800 different species of bacteria that it gets from the soil and the environment," says Christopher Lowry, Ph.D., a professor of integrative physiology and neuroscience at the University of Colorado Boulder. Once in our intestines, these microbes can fortify the human gut microbiome.

We're also exposed to these bugs through soil itself. The biology at play isn't entirely understood, but studies have shown that people who live and work in farming and rural communities, where they have regular contact with dirt—and the microbes it contains—are more resistant to allergies and asthma, while mice experiments have demonstrated that even modest soil exposure can strengthen the immune system's response to harmful pathogens, including parasites, bacteria and viruses.

Rob Knight, Ph.D., directs the Center for Microbiome Innovation at the University of California San Diego and co-founded the American Gut Project and the Earth Microbiome Project—which are studying the trillions of organisms associated with humans and soils, primarily

by sequencing the DNA of the microbes. He's not sure yet whether there is a direct link between the bugs in dirt and human health and longevity—the science is still emerging—but his research has revealed that people who eat a wide array of fruits and vegetables tend to have a more diverse gut microbiome. And studies suggest that individuals with diseases linked to chronic inflammation, such as obesity, cancer, heart disease, asthma and diabetes, tend to have lower diversity.

Lowry, who has been investigating how soil microbes can impact our immune system and even our emotions, agrees: "There is a broad consensus that enhancing gut microbiome diversity is good, even if we don't understand all the reasons why. The safest bet to do that is through consuming a varied diet of plants—and consuming plants frequently."

He points to a questionnaire given to volunteers in the American Gut Project. The participants were asked how many different types of plants they consumed in a typical week, and then were asked to provide a stool sample for analysis. The fecal data revealed that volunteers with the highest variety of good gut bacteria were also those who ate the broadest range of fruits and vegetables. "When I learned that, I went to Whole Foods, picked out 30 different plants and threw them in a blender," he says. "Now I have 4 tablespoons every night with dinner."

For the past two decades, Lowry has been particularly interested in a species of microbe called *Mycobacterium vaccae*, common in almost every soil around the world. He and his collaborator, Graham Rook, M.D., a professor of medical microbiology at University College London, wanted to know whether *M. vaccae* was among the gut microbes that could dispatch signals to the brain. (The notion of a gut-brain axis—meaning that our intestinal bugs can somehow "talk" to our central nervous system—has been pondered and studied for several centuries.)

The two scientists conducted experiments in mice, injecting them with *M. vaccae*, which under a microscope look like translucent yellow maggots. "The bacteria activated a very specific subset of serotonin-containing neurons in the brain. These neurons are known to govern emotions, especially depression," Lowry tells me. "People were taken aback by the idea that bacteria from the soil could have antidepressant-like effects." Lowry and Rook published their results in 2007, and a media deluge followed. Here was tangible evidence that microbes from the soil—when introduced into the body—could potentially impact health.

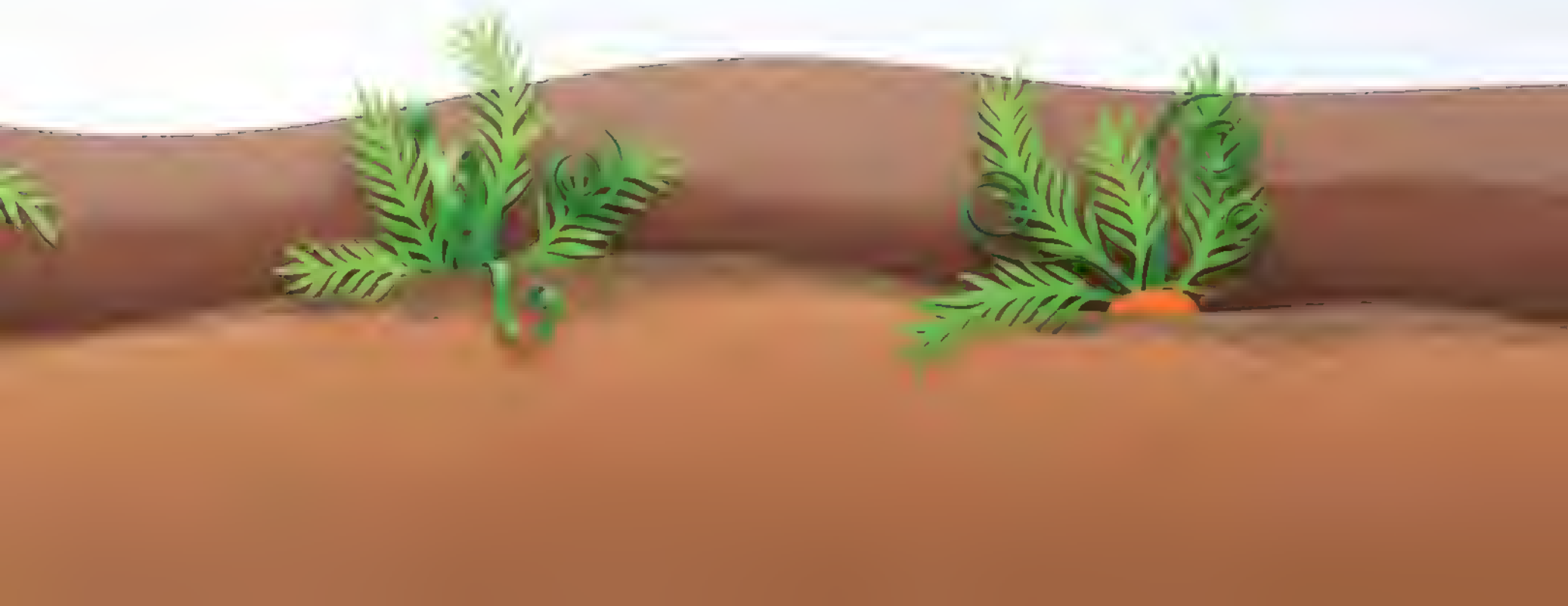
Lowry and Rook continued experimenting, homing in on the biological mechanism responsible for the antidepressive effects. It turns out that *M. vaccae* triggers a kind of emotional armor. "It protects against inflammation in the brain in response to stress," Lowry explains. By 2016, he was able to demonstrate in animal studies that *M. vaccae* could alleviate symptoms in a range of psychiatric disorders, such as stress-induced colitis and post-traumatic stress disorder. Lab rats can be conditioned to react to fear using behavioral training. A mild shock or sudden puff of air is paired with a light; eventually, the rats will flinch when seeing only the light. Once a fear response is established, it can take weeks or even months to undo. "But the rats that received the bacteria extinguished their fear within 24 hours," Lowry says. "It was mind-blowing to me."

Lowry and his colleagues also wondered if *M. vaccae* could mitigate the precipitous mental decline that occurs in about 40% of people who undergo major surgery after the age of 60. It's called postoperative cognitive dysfunction, or POCD, and it's believed to result from a powerful inflammatory response during and after surgery. They developed a series of cognitive tests to gauge the impact of surgery on aged rats and then inoculated them with *M. vaccae* prior to surgery. "The bacteria completely prevented this cognitive impairment," he says.

So I ask Lowry: Why aren't we all taking *M. vaccae* supplements? Granted, the results need to be replicated in humans. But the short answer is that the strain of *M. vaccae* he studied is not available as a supplement, at least not yet. Like other soil scientists I spoke with, Lowry also reckons that bacteria exhibit strength in numbers—it takes legions of them orchestrating in unison to build a hardy disease-quelling gut microbiome. And it will take more research to tease all that out.

Regenerating Diversity

Humans evolved in lockstep with soil bacteria, which likely explains why our



A recent review of 56 studies published in the journal *PLoS One* found that soil from farms that didn't till or use synthetic chemicals and employed practices like cover cropping, biodiversity and crop rotation contained 32% to 84% more microbial mass (an indicator of healthy soil) than that from conventional farms.

microbiomes share similar microbial DNA—as well as some of the same strains of bacteria. *Lactobacilli*, for instance, can be found in both soil and humans. Those beneficial probiotic bacteria (present in foods like yogurt) help break down food and release nutrients inside our gut; their role in soil is the same. A 2019 study published in the journal *Microorganisms* documented this unique kinship between human and soil microbiomes: "They contain the same number of active microorganisms," the authors noted, adding that "it may be useful to adopt a different perspective and to consider the human intestinal microbiome as well as the soil/root microbiome as 'superorganisms,' which, by close contact, replenish each other with inoculants, genes and growth-sustaining molecules."

The researchers also analyzed the variety of microbes in humans and soils and found that not only is the diversity of both plummeting—it's occurring at roughly the same rate. They identified several reasons for the decline: our transition from an agrarian society to an industrial one, modern hygiene, and our Western diet filled with low-fiber, highly processed foods. When we changed our farming practices, stopped growing our own food—which involved touching a lot of dirt—and began eating more Big Macs than plants we fractured the beneficial relationship between ourselves and the soil.

So the focus now is on repairing that relationship. Phil Taylor, who earned a Ph.D. in global ecology from the University of Colorado (Fierer was a member of his dissertation committee) is the co-founder and executive director of Mad Agriculture, a consulting firm that "helps farmers build healthy soil and make money doing it," as he puts it. Taylor suggests I read about the work of Sir Albert Howard, an English botanist who traveled the world during the early 20th century. "He wanted to know whether soil health translates into healthy food," Taylor explains. While Howard couldn't identify the exact mechanism, after visiting hundreds of communities he had enough anecdotal data to answer the question for himself unequivocally: soil microbes forged a conduit between healthy crops and healthy humans. Initially ridiculed for his theories, Howard would become a pioneer in organic cultivation and soil microbiology, advancing methods that Taylor employs for his clients.

These days, Taylor says, "the science is playing catch-up to what some farmers already understand to be true." More specifically, he means that the soil microbiome flourishes best—and conveys the biggest benefit to humans—when farmers embrace a hands-off approach and let the brown web do its job, with little or no external input from things like pesticides and fertilizers. His advice to farmers who hire him generally hinges on time-tested regenerative-farming principles, which increase the abundance and diversity of microorganisms in the rhizosphere. In practice, this entails minimizing plowing, maintaining living roots in the ground year-round (via a cover crop), cultivating a variety of plants and integrating livestock onto the land (because grazing and manure foster soil microbes).

And the science appears to support this approach. A recent review of 56 studies published in the journal *PLoS One* found that soil from farms that didn't till or use synthetic chemicals and employed practices like cover cropping, biodiversity and crop rotation contained 32% to 84% more microbial mass (an indicator of healthy soil) than that from conventional farms. And research at The Rodale Institute found that oats, peppers, tomatoes and carrots grown on organic or regeneratively managed farms contained 18% to 36% more minerals and antioxidants than their conventional counterparts. (Healthy soil has other benefits, too, of course, such as promoting carbon sequestration and water retention, which can help mitigate climate change.)

Plant-growth-promoting microorganisms, or PGPMs, have also come on the scene. They're part of a newer class of fertilizers, called biofertilizers. Think probiotics for dirt, which, as it turns out, is a booming industry, despite the absence of evidence proving which microbes work best. Even so, the notion that a farmer could resuscitate barren soil with a microbial cocktail is not exactly outlandish. Numerous agribusiness startups are pursuing PGPMs, including Boston-based Indigo Agriculture, which has hired Fierer to run a yearlong study to develop a microbial inoculant that can turbocharge crop growth. Other firms are creating "biotic" fertilizers. Like vitamins for the soil microbiome, biotic fertilizers typically are developed from a type of blue-green algae called cyanobacteria. When cyanobacteria decay, they leave behind carbon, nitrogen and other nutrients that nourish the bugs in the soil and jump-start the microbial life cycle. The same process occurs naturally in healthy soil, just much more slowly.

There are no quick fixes, but there is a real movement underway to undo the damage and bring the bugs back. On my way out of the lab, Fierer shows me two large framed photos hanging on the wall. The images were taken in 2017 in Antarctica; he and his research team spent two months there collecting soil samples from exposed ground in the Transantarctic Mountains. "We wanted to see what types of microbes can live in the extreme conditions found in this area—cold, dry and salty soils," he says. Indeed, they found bacteria and fungi surviving in areas that had recently been covered in ice. What he discovered was that soil microbes are terrestrial die-hards. After all, they have been around for an estimated 4 billion years. "Don't worry about them being eradicated," says Fierer. That's good news, because as humans continue to pursue strategies to live longer and healthier, the soil microbiome may be the one thing in the end that helps save us all.

MICHAEL BEHAR *is a Boulder, Colorado-based science and health writer. This article was produced in collaboration with* Successful Farming *magazine.*

EatingWell®

FROZEN ENTRÉES

Better Food. See For Yourself.

Find us in the freezer aisle

1 cup of vegetables in every meal

Advertisement

In uncertain times, you can be certain of this: Your generosity will make a difference.

Today, thanks to donors like you, The Salvation Army is helping those affected by COVID-19. We are there for the most vulnerable in our community. For those whose wages are gone, for those who need food, for those who have no place to call home, and for so many others who desperately need help and hope in this time of crisis. To see how you can continue to make a difference in your community, give today at SalvationArmyUSA.org.

DOING THE MOST GOOD

WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

6 unique Father's Day gift ideas—because the guy doesn't need another tie.
By Lucy M. Clark

Whoa Daddy!

FOR THE TECH LOVER

Meater+ with Bluetooth
$99, store-us.meater.com
This wireless smart thermometer lets Dad walk up to 165 feet away from the grill—then pings him via the Meater app when his tomahawk steak (*recipe p.93*) is perfectly cooked.

FOR THE WHISKEY LOVER

Whiskey Peaks, Set of 4, $46, *huckberry.com*
These hand-blown whiskey glasses feature raised topographic models of mountains like Half Dome, Denali and Mount Everest—so, you know, he can sip his drink on the rocks.

FOR THE GUY ON THE GO

Hopper M30, $300, *yeti.com*
This soft cooler is massive (it holds 20 cans of beer) and keeps food and drinks frosty all day thanks to Yeti's famed closed-cell foam insulation. It has a magnetic, leakproof closure that's easier to use than earlier models (no snagged zipper here) and is way less cumbersome to tote than its boxy, plastic counterparts.

FOR THE CREATIVE COOK

Burlap & Barrel *EatingWell* Magazine Father's Day Collection, $74, *eatingwell.burlapandbarrel.com*
EatingWell selected these nine spices—including Cobanero chili flakes, ground black lime and flowering hyssop thyme—for their novel but versatile flavors. (Use on everything from meat and veggies to popcorn.) We also like that this company purchases its spices for a fair price directly from farmers who use environmentally friendly practices.

Hover your phone's camera over this smart code to shop for these products.

FOR THE GRILL GURU

Chef Collection 11-Inch Cast-Iron Square Grill Topper, $40, *lodgemfg.com*
This perforated grill pan prevents veggies from falling through the cracks. And Dad will appreciate that it has a lower profile to fit most sizes and types of grills. It's also heavy-duty enough to be used on an open campfire.

FOR THE JEDI MASTER

Star Wars Chewbacca Flexible Spatula, $17, *williams-sonoma.com*
For use by fathers and Wookiees, this thin, flexible spatula is great for getting under pancakes, eggs or cookies and the nylon head won't scratch pans. Plus, how could he not smile every time he uses it?

PAGES 103 104: JENN FER CAUSEY; STYL NG ALI RAMEE (FOOD) AUDREY DAVIS (PROPS)

Caesar the Day

A brief lesson on what's noteworthy in our new take on this classic salad

Salmon Most salmon at the market is farmed and many of those farms use problematic practices. Check labels for the Aquaculture Stewardship Council logo or use Seafood Watch's app for the best farmed choices. Wild Pacific salmon is also a great option: most come from well-managed fisheries.

Greek yogurt & buttermilk Traditional Caesar dressing combines raw egg yolks and olive oil for a luscious mouthfeel. Here, yogurt and buttermilk bring the creamy without as many calories—or the food-safety risk of raw eggs.

Radicchio Caesar salads typically use just one type of lettuce: romaine. We mix in mildly bitter radicchio to balance the tangy dressing. Radicchio also packs more nutrients, including quercetin, a compound with anti-inflammatory properties.

Parmigiano-Reggiano Look for "DOP" on the rind to know your cheese is the real deal from Italy. It has a bolder, nuttier taste than other types of Parm. While it costs more, a little goes a long way, so you can use less (and shave off calories *and* sodium too).

BLAINE MOATS, STYLING KE'SEY BL..AT (FOOD), SUE M TCHELL (PROPS); INSET: LEIGH BEISCH, STYLING EMILY CANEER (FOOD), GLENN JENKINS (PROPS) RECIPE BY LIZ MERVOSH

Buttermilk Caesar Salad with Salmon

ACTIVE: 20 min **TOTAL:** 20 min

- 1½ tablespoons extra-virgin olive oil
- 4 5-ounce skinless sustainable wild *or* farmed salmon fillets
- 1 teaspoon ground pepper, divided
- ⅛ teaspoon salt plus ½ teaspoon, divided
- ½ cup buttermilk
- ¼ cup nonfat plain Greek yogurt
- ¼ cup grated Parmigiano-Reggiano cheese
- 2 tablespoons lemon juice
- 1½ teaspoons Worcestershire sauce
- 1 teaspoon grated garlic
- ½ teaspoon Dijon mustard
- 5 cups chopped romaine lettuce
- 3 cups chopped radicchio
- 3 tablespoons thinly sliced fresh basil, plus more for garnish
- 1½ tablespoons chopped fresh tarragon

1. Heat oil in a large nonstick skillet over medium-high heat until shimmering. Sprinkle salmon with ½ teaspoon pepper and ⅛ teaspoon salt. Add the salmon to the pan and cook until golden brown and flakes easily with a fork, 3 to 4 minutes per side. Transfer to a plate and break into large chunks.

2. Whisk buttermilk, yogurt, cheese, lemon juice, Worcestershire, garlic, mustard and the remaining ½ teaspoon each pepper and salt in a large bowl until well blended. Reserve ¼ cup of the dressing in a small bowl. Add lettuce, radicchio, basil and tarragon to the large bowl and toss to coat.

3. Arrange the salad on a platter and top with the salmon. Serve topped with the reserved ¼ cup dressing and more basil, if desired.

SERVES 4: 4 oz. salmon & 2 cups salad each
Cal 291 **Fat** 13g (sat 3g) **Chol** 73mg **Carbs** 8g **Total sugars** 4g (added 0g) **Protein** 35g **Fiber** 1g **Sodium** 575mg **Potassium** 738mg.

Campfire Cooking 101

1 **Choose a safe spot:** give yourself a 10-foot perimeter from any trees and make sure there are no roots or hanging branches nearby. Build a fire ring with stones or bricks or buy one from a hardware or home-supply store.

2 **Place tinder (small, dry twigs and leaves that ignite easily) in the middle of your fire ring.** Build a tepee around it with kindling (dry sticks, less than 1 inch thick). Lean the sticks against each other, leaving enough space between them for air to flow.

3 **Light the tinder.** As the kindling burns, add a layer of bigger, dry logs, one or two at a time, mirroring the tepee shape to avoid smothering the fire. Plan to let the fire burn for at least 30 minutes (and up to an hour). You want to cook food over hot coals, not flames. When the fire has died down, you have a base of hot, glowing coals, and the logs are covered with white ash, you're ready to cook. (Expect temperatures of about 500°F at this point.)

How hot is your fire? Gas grills and many charcoal grills have thermometers built in to gauge the heat, but with a campfire you're on your own. The hack: Hold your palm an inch or two above the cooking grate. The amount of time you can stand the heat tells you how hot the grill is.

Time palm can be held over grate	Grill Heat	Temperature Range
<1 second	very hot	over 500°F
1 to 2 seconds	high	400° to 500°F
3 to 4 seconds	medium	350° to 375°F
5 to 7 seconds	med-low	325° to 350°F

4 **Place a grill grate on top of the fire ring if you plan on cooking food like steak or need a stable surface for fire-safe cookware.** Once you're finished with the fire, put the flames out with a bucket of water or sand. Continue dousing until it's completely extinguished and the coals stop hissing.

Ask Breana

What's the best way to thaw meat and fish?

When defrosting your dinner, keep in mind: you want to (a) thaw it evenly and (b) do it safely. Here are the two methods we use at EatingWell.

Defrosting in the fridge. A slow thaw in the refrigerator is what the USDA considers one of the safest ways from a bacteria standpoint. Leave food in its packaging and set it in the fridge on a rimmed tray or plate to corral any juices. It takes 5 to 6 hours per pound for meat or fish to defrost, depending on how thick it is. I move food from freezer to fridge the night before—or a few nights in advance for something larger, like a whole chicken.

Thawing in a hot-water bath. Defrosting in cold water is faster than fridge defrosting, and is the standard quick-thaw advice. But new research has shown that using *hot* water (which the USDA does not currently recommend) is an even speedier and safe way to defrost smaller pieces of meat (an inch thick or less). A study published in the *Journal of Food Science,* for example, compared strip steaks thawed in the fridge as well as in hot water and found that both methods met USDA guidelines for food safety and had little impact on meat quality. (The protein thaws so quickly that bacteria don't have enough time to grow.) Fill a large bowl with hot water—the temperature the researchers tested was around 102°F. Put the food in a sealable bag (unless it's already in an airtight package) to keep the water out. Place it in the bowl and set a plate on top to keep it completely submerged. It should thaw in 10 minutes or so.

METHODS WE DON'T RECOMMEND

Don't microwave meat or fish. It is safe to defrost this way, but we say skip it, since it can mess with texture.
Don't thaw on the counter. Such a commonly used method—and such a no-no. Food left at room temp is a potential breeding ground for bacteria.
Don't cook meat from frozen. While this is a fine method for fish fillets, meat may cook unevenly.

BREANA KILLEEN, M.P.H., R.D., *is the* EatingWell *Test Kitchen manager.*

TOP: ERIC WOLFINGER, BOTTOM: ER CA ALLEN

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Beverages & Appetizers																				
73	Beet-Infused Gin & Tonic	182	12	11	0	0	24	38								■			■	■
92	Café Vaquero	26	7	7	0	0	8	22							■	■	■	■	■	■
55	Creamy Cucumber Dill Soup	173	11	0	5	4	340	537							■	■		■		■
76	Smoked Whitefish Salad	52	0	0	5	0	281	112								■		■		
Breakfast																				
87	Brioche French Toast with Griddled Apples	358	37	0	9	2	319	192							■					■
87	Johnnycakes with Fresh Corn	336	53	10	8	1	423	265							■			■		■
Salads & Sides																				
76	Beet & Blueberry Salad with Fennel-Mustard Vinaigrette	273	18	0.5	6	5	233	522		41										■
93	Chimichurri Sauce	132	1	0	0	0	125	55							■	■			■	■
81	Freekeh Tabbouleh with Kale & Cannellini Beans	165	25	0	6	7	323	226				29		38				■	■	■
90	Panzanella with Tomatoes & Grilled Corn	251	25	0	5	2	299	255							■				■	■
81	Quinoa Salad with Radicchio, Carrots & Dried Apricots	286	35	3	8	4	316	230				30			■	■			■	■
55	Sautéed Zucchini & Red Onions with Chive Butter	110	6	0	2	1	301	331						39	■	■		■		■
52	Summer Greens Salad with Tomato Vinaigrette & Anchovy Breadcrumbs	249	18	1	4	4	292	683		20		70		42	■					
Meatless																				
33	Summer Vegetable Gnocchi Salad	445	60	0	13	9	691	921		21				53	■			■		■
74	Wild Rice Patty Melts	492	45	0	16	5	588	340	22											■
42	Zucchini Larb	246	35	1	7	4	544	566		25				51	■					
Chicken																				
53	Chicken & Tomatillo Enchiladas	453	33	0	47	6	642	783						29		■				
49	Chicken Pita Sandwiches with Harissa Sauce	530	49	0	42	6	670	432			28							■		
83	Crunchy Farro Salad with Grilled Chicken	378	28	0	25	5	462	352				30		71	■					
32	Grilled Chicken with Red Pepper-Pecan Romesco	308	8	0	25	3	496	471				45		136	■	■		■		
40	Strawberry-Balsamic Spinach & Chicken Salad	389	16	3	30	4	513	435		26		54		89	■	■				
Fish & Seafood																				
105	Buttermilk Caesar Salad with Salmon	291	8	0	35	1	575	738	24	35		46	105	43	■	■	■	■		
73	Crispy Walleye with Pickled Fennel & Dill Tartar Sauce	454	14	0	17	1	471	349										■		
37	Grilled Jambalaya	504	54	0	27	6	747	562						73		■		■		
93	Grilled Salmon with Sweet Peppers	256	12	0	30	3	317	842				75	100	251	■	■	■	■		
54	Roasted Rosemary Salmon with Asparagus & Potatoes	400	34	0	33	4	711	683			20		100	30	■	■		■		
36	Salmon Cakes with Arugula Salad	424	14	0	30	2	494	923		20			52	79	■			■		
45	Salt & Pepper Shrimp with Snow Peas	316	16	0	23	3	561	512				30		111	■	■		■		
81	Whole-Wheat Orzo & Tuna Salad with Broccoli	345	34	0	17	8	504	249				31		85	■					
Beef & Pork																				
44	Grilled Flank Steak with Tomato Salad	346	4	0	25	1	358	591					20	26	■	■		■		
38	Grilled Pork Tenderloin with Cherries	244	15	0	24	2	504	657							■	■		■		
91	Pan con Tomate (Grilled Bread with Tomato)	279	25	0	9	2	504	190							■					
50	Pizza-Inspired Sliders	451	39	0	38	6	618	518			28		33		■					
34	PLT Pizza	484	39	0	15	3	734	197				59			■					
93	Tomahawk Cowboy Steak	154	0	0	25	0	437	332					20			■		■		
83	Vietnamese-Flavored Brown Rice & Steak Salad	317	48	0	18	8	688	843			32	108				■		■		
Desserts																				
91	Grilled Peaches with Honey Mascarpone	279	21	3	3	2	20	402				22			■	■				■
59	Plum Buckle	279	38	16	4	2	122	93												■
77	Summerberry Pie	307	49	19	3	5	206	145						44			■			

Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

How We Analyze Recipes
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

RYAN LIEBE

Meals on the Bus

In this Tennessee city, when school's out and a colorful CHOW bus rolls around neighborhoods, hungry kids cheer.
By Julie Kendrick • Photo by Kristina Krug

THE SITUATION

Summers are no fun when you're hungry. In Murfreesboro, Tennessee, 47% of schoolchildren rely on free or reduced-price school breakfasts and lunches, which, for some, are the only meals they'll eat all day. And once school is out, food insecurity becomes an even bigger challenge. For many years, Murfreesboro City Schools set up free meal sites, typically serving 25,000 to 30,000 meals each summer. But the district's supervisor of nutrition, Sandy Scheele *(pictured)*, knew that not everyone could make it to a brick-and-mortar location. "If they lacked reliable transportation, or had parents who were working during the hours we were serving, they wouldn't have access," Scheele says. Then, in 2015, she heard a district school bus was being retired and had an idea—what if she could repurpose it to bring food to the kids? Combating Hunger on Wheels (CHOW) was born.

WHAT SHE DID

Scheele added a colorful graphic wrap to the bus's exterior, retrofitted the interior with air conditioning and diner-style tables and hit the street packed with meals. Word spread through local news coverage and social media. After the first successful summer, when nearly 43,000 meals were served, two more buses were added. The CHOW bus fleet now travels throughout the district, serving free meals to anyone 18 or under, no questions asked. "It's got all the fun and appeal of an ice cream truck, but it's serving wholesome, nutritious meals instead," says Lisa Trail, the district's director of communications. "When the kids see a CHOW bus pulling into their apartment complex or a city park, they come running." Officials from other districts in Tennessee—and across the country— have since traveled to Murfreesboro to learn about creating their own mobile summer meal programs.

WHY IT'S COOL

Last summer, CHOW buses served close to 60,000 meals featuring fresh fruits and vegetables, some of which were even harvested from the district's school gardens. Students enjoyed a summertime bounty of strawberries, watermelon, broccoli, carrots, cauliflower and leafy greens. And Scheele always makes sure the buses are dishing out kid favorites like chicken nuggets and whole-grain cinnamon rolls. "If this program didn't exist, we'd probably be relying on hot dogs and ramen," says Jesus Fuentes, a parent of four children, ages 4 through 11. "It would be hard to replace the variety and nutritional content of these meals on my budget." What's more, since the coronavirus pandemic closed schools in March, the CHOW buses have delivered 1,000 grab-and-go breakfasts and lunches per day to 40 sites. "If there's a child who needs a meal, we'll be there for them," Scheele promises.

EATINGWELL® (ISSN 1046-1639), June 2020, Volume XIX, No. 5, is published 10 times/year in January/February, March, April, May, June, July/August, September, October, November and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ©Meredith Corporation 2020. All rights reserved. Printed in the U.S.A.

YOUR ENJOYMENT MADE EASY

GEICO®

FOR YOUR RV

Get a GEICO quote for your RV and, in just 15 minutes, you'll know how much you could be saving. If you like what you hear, you can buy your policy right on the spot. Then let us do the rest while you enjoy your free time with peace of mind.

geico.com/rv | 1-877-434-2678

Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2020 GEICO

THE COCKTAIL PARTY YOU CAN HAVE AT YOUR DESK

JUST A LITTLE BIT FANCY

© 2020 Tyson Foods, Inc.